
Hurstbridge District Adult Riding Club Newsletter

December 2018



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PRESIDENTS REPORT

Hello Everyone,

Let me say that it just seems impossible to once again be heading into another festive season. This year has flown by at an even faster pace than previous years! Well it certainly feels that way to me at least.

Although I have not been back in the saddle since February (when I broke my ankle), I have been grateful to be able to watch those riders who attend Wednesday rallies. I have enjoyed seeing the improvements in your riding during the year and I look forward to 2019 and getting back to Wednesday rallies with the trusty Crystal and Spunky.

I am finishing this President's report late on Saturday night (8th December). I have just returned from our club's Christmas gathering at our club grounds. It was a very relaxed and enjoyable evening shared by around 30 adults and 8 children. Delicious food and great company. Thank you to our wonderful committee members for your help with this. Also thanks to those members who helped with set up, clean up and to the terrific husbands who cooked the barbie. Everyone worked together to make the night a success. The weather was kind and didn't pour like last year!

As customary at the Christmas gathering, the 2018 Julie Garrett Memorial Award winner was announced. This year's very deserving recipient is Simone Freeman. Congratulations Simone!

Please look after the horse's ears, they are fragile!

Back on 7th November we held our AGM. Myself (Mel Dawson), Sharlene Wright, Lisa Embling, Sarah Walsh, Shevaun Sly, Liane Hensell and Lou Serrao were all re-elected to office. Jakki Barton retired as Treasurer and Michelle Anderson was elected as our new Treasurer. We thank Jakki for the time she has given to the club in her work as Treasurer over the last 4 years. You did a super job! We are very lucky to have Michelle step up and take over this important role. Also retiring after 10 years of service as a committee member is Di Wilson. Thank you Di for your input over the many years and all of those committee meetings that you have attended. New to the committee for 2018/2019 is Pip Doggett – welcome aboard and thank you. My President's Report which was tabled at the meeting is attached.

Committee are currently reviewing and updating our club policies and we will be looking at our website to make sure that information on it is correct for 2019. Please see our Social Media & Advertising Policy attached to this newsletter. Please familiarise yourself with it. The purpose of this document is to provide members with guiding principles for using club social media. The policy also details the procedure for advertising through the various club channels.

Looking ahead to 2019 and our club events that we run – is there a member or maybe 2 people who might like to share the role of event co-ordinator for our Dressage Jackpot and our Showjumping Jackpot? Traditionally we run our Dressage Jackpot in October and our Showjumping Jackpot in August (so how about 20th October for dressage and perhaps 18th August for Showjumping? TTT SJ this year is being held on 7th/8th September so a competition on 18th August would be a great warm up to TTT. Please send me an email melissadawson1961@gmail.com or call or text me **0439 080 861** if you think that you could co-ordinate one of these events for our club or if you think that you would be able to assist in some way.

I would like to thank Shevaun Sly and her very handy partner Patrick for supplying the materials and building the shelving in the tiny room between the toilets. You have done a super job. Thank you also to Jeanine and Jason Batchelor for supplying and fitting the yellow tongue sheets to the racking in the show jump shed. We now will be able to get more things off the ground and away in some order. You are all gems!

We have come to the end of another great year at HDARC. Thank you for your contributions to the club during 2018.

On behalf of the Committee I would like to wish each one of you a very happy Christmas Day with your families and an exciting New Year ahead. For those of you who are travelling to holiday destinations – safe journeys. See you in 2019
Mel Dawson

AGM REPORT 2018

7th November, 2018 – Melissa Dawson

As I begin to write my President's Report to the Annual General Meeting for 2018, I reflect on the year that has been and one word that springs to mind to best sum it up is eventful!

Unfortunately the start to the year saw half of our committee, including myself become injured and incapacitated. Everything at club level continued to



tick along despite this and rallies and committee meetings went ahead as planned with members arriving on crutches, hobbling into my bedroom for the first meeting of the year. It was business as usual despite the difficulty!

Two of our committee members are still recovering from their injuries and we send them our thoughts.

Over the weekend of 17/18th March TTT Combined Training was held at Lancefield and our Hursty team placed 3rd, a great achievement!

We moved onto April with our Mid-Week Dressage Day which was very well supported with 75 entries and 24 of our own Hursty riders competing, some of them taking out the jackpot in their respective levels. How fantastic to have a third of our own members competing. Thank you very much to Andrea Barton and Amanda Stark for co-ordinating this event.

We had two teams enter for TTT Horse Trials (one as part of a composite team). The composite team coming in at 7th and our other team 13th. Again great results!

Our working bee in May was very well attended with members from both pony club and adult riders. Lots was achieved including a big clean up of the club house and some long needed reorganisation of the sheds. Racking was installed in the show jumping shed which now houses all of the poles and jumps that were previously sitting on the ground. Shelving at the rear of the shed was also erected which will be great to get other items up off the ground. The dressage trailer now being located in the older original shed works perfectly. When the work was done the barbie was fired up and members from both clubs socialised and enjoyed something to eat and drink – a fitting way to end the day!

The months of June through to September were a whirlwind of activity and required an increased level of TTT SJ work. The TTT SJ Organising Committee had been busily working away all year right from the beginning - in fact it started at the end of 2017. Hosting an event of this size requires a certain amount of constancy and diligence over a lengthy period and it takes a number of people each doing various roles, to put it together. As detailed in my FB wrap up of the event and in the Chaff Chat review, I couldn't have been more proud of our wonderful Organising Committee.

Their dedication and “can do” attitude was something to be admired. You were all awesome and thank you for your commitment.

I was equally grateful to our club members who carried out the many tasks that were assigned to you over the weekend at TTT Showjumping. You were great ambassadors of HDARC, you were friendly, helpful and efficient. I must mention here our volunteers co-ordinator Sarah Walsh, what a fabulous job you did and thank you!

When we accepted the challenge of hosting TTT Showjumping, we hoped that we would be able to present a professional, smoothly run competition that the wider HRC AV community could participate in and enjoy. I know that we achieved this as a club and I am so proud to be associated with the wonderful people who are a part of it.

There are so many people to thank and I would like to mention everyone here and believe me I could list you all, but this report would be even longer, so I will just settle for a heartfelt thank you to each and every one of you who had any involvement with TTT Showjumping.

I had better not forget another great achievement – TTT Showjumping – 3 Hursty teams entered and one of them finishing in 8th place! Fantastic!

Speaking about TTT events – I would like to acknowledge the work that Simone Freeman does year in, year out in administering the TTT entry process within our club (at least 5 per year).

Thank you Simone, you do a super job. J

With the dust settling after TTT SJ, we moved right along to our final event for the year - our Mid-Week Show held on 25th October. This was another well run event. Thank you to Rachael Walton,

Elia Lom and Jenny Webb for your efforts in co-ordinating this one.. You had fantastic prizes on offer, even securing Racing Victoria OTT as a sponsor.

As I mentioned in last year's President's Report it is so fortunate that we have members who are happy to run events and it is not always about making money for the club (although this is great if we can do both). I think it is about providing an opportunity for our HRC AV community to participate in. If clubs don't run events for people to compete at, where would we be?

I would like to take this opportunity to thank our fantastic sponsors (who are listed on our website) for their support throughout the year. We couldn't run events without you, Also thank you to Nick from Bridges for allowing us the use of your land.

Thank you Louise for maintaining our website and acknowledging our sponsors. Thank you Cath Giles and Susie Walker for your attendance at workshops and meetings regarding Council's review of the Green Wedge Management Plan.

We must congratulate those members who have taken their riding to new levels this year. I would like to congratulate the following members: Simone Freeman - Top 10 Awards 1st Place for Combined Training, 8th Place in Showing and in the Champion Rider Awards, Reserve in Level 1/ Advanced. Lisa Embling – 9th Place - Top 10 Awards in Showjumping, Leanne LeClaire Top 10 Awards 1st Place for Showjumping and 2nd Place in Horse Trials. It is fantastic that you have been acknowledged with these awards by the HRC AV.

I know that there are other members who have achieved new levels with their riding this year and well done to you too. I hope that some of these successes can be attributed to the instruction that is regularly offered at our club at Wednesday and Saturday rallies. Many thanks to Lisa Utting our Saturday rally co-ordinator for all your efficient planning and organising throughout the year.

We say goodbye to some members this year who have contributed to our club for many years.

Thank you for all that you have done, we will miss you. In particular, Jakki Barton our retiring Treasurer, Maxine Wileman who has prepared our newsletters and co-ordinated the mid-week show and Amanda Stark who has also co-ordinated our dressage days. Thank you to Rachael Walton who has kindly taken back the newsletters (she did them for years before Maxine) and is now co-ordinating the mid-week show. What is terrific is the way people step up to help. We are very fortunate!

Welcome to our new members. We hope to meet you one day soon, perhaps at our Christmas gathering – we wish you a long association with our great club and the people in it.

We are very lucky to have such fantastic club grounds to use and we always receive comments from visitors about how lovely our facilities are. Thank you Di for all that you do in keeping our garden beds looking beautiful and for keeping on top of maintenance issues.

We did make some purchases throughout the year. This included a new amplifier to run our pa system, a new urn, new wheelbarrows, and new cutlery and crockery. There has been laser levelling done on both arenas and sand added to the bottom arena with a little more still to come.

We have two new manure storage pits being constructed soon and some shelving being built into the little room between the toilets.

We are all drawn together by our common interest and love of horses and riding. We have a very sizeable membership with 120 members. It takes a dedicated committee to keep everything ticking along in a club of this size.

I would like to thank my fellow committee members for the work that you do and also for attending meetings throughout the year and providing a good balance of views and ideas. To Sharlene our Secretary and Jakki our Treasurer - thank you for all that you do throughout the year, particularly at this time of the year when you are busily dealing with memberships. It is greatly appreciated.

In summing up, 2018 has been an eventful year full of great achievements personally for lots of our riders and equally for our great club. Thank you for all of your efforts.
I have enjoyed being President in 2018 and I look forward to an exciting 2019 for HDARC.

Mel Dawson
HDARC PRESIDENT

SATURDAY RALLIES

Hi Guys,
Well as we wrap up another year – I would like to thank all my lovely Saturday riders for your support of the Saturday Rallies and the Instructors.

A big thank you to Carly Reid and Lisa Bray who have ably steered the ship this year and who will both be back next year J J Janet Wheeler will be instructing for some Saturday rallies so a big welcome to her J

As we have TTT HTs in May 2019 I have organised Courtney Fraser for three training sessions at (hopefully) Wandin – or if not it will be Yarra Glen or Lilydale Hunt Club – but either way the dates for XC training will be Saturday 2nd February, 2nd March and April 6th – so pop those dates in your diary J Courtney will also be doing some show jumping at the club in May and June.
I wish you and your families and fur families all the best for Christmas and the New Year and look forwarding to seeing you all at rallies in 2019.

Cheers
L

TTT DRESSAGE

Drovers Saddlery HRCav TTT Dressage 2018 was secretly the perfect excuse for a girl's weekend away, with the added bonus of having our four legged friends by our side.

Blessed by the weather gods, it was a jam-packed weekend combining dressage, laughing, champagne and nibbles, shopping, cheering on our teammates, plenty of photos for the memory books and a chance to make new friends who all seem to share a common interest, a love of horses.

Hurstbridge had 8 competitors entered across the Friday, Saturday and Sunday, which contributed to more than 600 entries submitted for this years event.

Members proudly wearing the Hurstbridge colours were popping up across the grounds of Elmore doing what our members do best, helping our teammates plait horses, tack up, calling tests, keeping our riders hydrated and just generally being around to lend a hand.

A successfully run event by Echuca and District ARC combined with a positive and supportive atmosphere already has the 2019 event on many of our members' radars for next year.



Hurstbridge 2018 Competitors:

- Andrea Barton*
- Asha Wood*
- Heather Wilson*
- Jeanine Batchelor*
- Rachelle Regan*
- Sharlene Wright*
- Shevaun Sly*
- Simone Freeman*



MID WEEK SHOW

Well they say it takes a village...

I wrote this as proud as punch of the wonderful club we are a part of! It was my first time stepping up to run the show, as opposed to being Maxine's sidekick.. she handed over the reins and with a fabulous set of notes and instructions and I undertook the challenge.

For those of you who rode today or who kindly helped, you know how challenging it was! Arriving bright and early to a frosty yet sunny morning I thought we had it all under control...10 am... Ring 1 starts....ring 2... judge...nowhere to be seen....frantic phone calls begin...no answer...no-one on ground who can step up to judge. We finally manage to locate the judge but she is still ages away!

Thankfully our judge in Ring 1 agrees to judge the Smartest on Parade from Grade 1- 5. Just as we thought out 4/5 judge was due to arrive, a text...she was stuck in traffic..our 4/5 riders were so understanding and kind in their reactions to being nearly 2 hours late by this stage! Our canteen ladies extraordinaire, Jenny Webb, Sandy Cornell and Rochelle Baxter saved the morning by dashing down with cool drinks and yummy snacks to help pass the time. As we were waiting to get the led classes underway a friendly face appeared and kindly offered to jump in and judge whilst we were waiting on our judge, thanks Frank Palomares, a local instructor, judge and regular good guy who was happy to give us a hand to keep the day moving and I received some great feedback about him too!!

The judge finally arrived and quickly had her ring back on track!

The 1/2/3 ring was well presented with some lovely horses and riders from a wide variety of clubs. Sarah Ross had a wonderful day on her lovely mare with many ribbons and sashes in her first grade 3 show. Simone on her stunning grey mare looked and performed as beautifully as ever.

(also our cover model!!)

Jeanette and Rachelle also seemed to be enjoying themselves in the gorgeous sunshine! It was so lovely to see so many smiling faces.

Our stewards, Kylie Christian, Justyna Eucharist, Lisa Ronalds, Leanne LeClaire and Jess Sammut did a fabulous job keeping classes running smoothly, managing riders shuffling classes and endless delays and alterations due to our missing judge!

Lizzy Ryan and Justyna both helped set up Wednesday..just got the job done, as you did today, you were both great to work with and I really appreciate your efforts.

Sarah Ross and Corinne Normington for helping set up too, many hands make light work especially when those hands just get on and do it...thank you xx Mel Dawson, thank you for answering my phone calls and my never ending questions...think we got there in the end!!

And Maxine Wileman, couldn't do it without you, you are so organised, calm and efficient, you run the office so well and make the whole process and day so enjoyable! Sad the club is losing you but wrapped that you will still help me with future shows..LOL.. it's in writing now ...so you can't back out xx

Our wonderful sponsors, Scott and Jake from Jellis Craig for our beautiful trophy rugs, Deb and Laura from Hurstbridge saddlery for our fabulous champion showbags full of goodies and Tracey from High Plain Rugs for the reserve champion vouchers, we can't thank you enough.

And to our riders, thank you each and everyone of you for your smiles and your patience.

Looking forward to seeing you all next Year!

Sorry if I have forgotten anyone...I had my daughters graduation last night and am running on minimal sleep as I write this, goodnight!!



Jellis Craig



OUT AND ABOUT

Kayleen Chatfield-Jones came third in the State Mounted Archery Championships riding Austin a few weeks ago. Well done Kayleen. You certainly are our club trailblazer!



HRCVA TOP 10 AWARDS

A huge congratulations to all our riders who ride and compete every weekend. HRCVA awards those riders who consistently place by running Top Ten Awards yearly. Leader boards appear in Chaff Chat. This year we have had 3 members who have all placed on these leader boards.. a testament to their persistence and dedication.

Simone Freeman won Top Ten CT, won Reserve Champion Level1 / Advanced Rider and placed in the Top Ten Showing as well. A versatile and well performed duo!

Leanne LeClaire Won Top Ten SJ and was runner up in Horse Trials Top Ten as well.

Lisa Embling placed Top Ten SJ.

Well done ladies and your wonderful steeds.

Harrowing Roster

1	3 DECEMBER	TAYLOR THOMSON
2	10 DECEMBER	JESSICA STEVENS
3	17 DECEMBER	SHEVAUN SLY
4	24 DECEMBER	ROBYN SHOLLY
5	30 DECEMBER	TESSA SHARPE
6	7 JANUARY 2019	LOUISE SERRAO
7	14 JANUARY	PENNT SCOTT
8	21 JANUARY	MIRANDA SCHREIBER
9	28 JANUARY	GEL SANDERSON



10	4 FEBRUARY	JESSICA SUMMAT
11	11 FEBRUARY	ELIZABETH RYAN
12	18 FEBRUARY	SARAH ROSS
13	25 FEBRUARY	LISA RONALDS
14	4 MARCH	LEAH RODWELL
15	11 MARCH	KAREN ROBINSON
16	18 MARCH	RACHELL REGAN
17	25 MARCH	KELLY RECHICHI
18	1 APRIL	KAREN REARDON
19	8 APRIL	SAMANTHA REARDON
20	15 APRIL	JENNY RAO
21	22 APRIL	CHRISTINE PANTON
22	29 APRIL	CARLA PARKER
23	6 MAY	REBECCA PANNONZA
24	13 MAY	SUKULA PAGE
25	20 MAY	RHIANNON NUGENT
26	27 MAY	ERIN NUGENT
27	3 JUNE	PAULINE NUGENT
28	10 JUNE	CORRINE NORMINGTON
29	17 JUNE	SARAH NEWLAND
30	24 JUNE	AMANDA MOTSCHALL
31	1 JULY	SHERRI MORLEY
32	8 JULY	MARG MILNER
33	15 JULY	NOLA MCMAHON
34	22 JULY	JO MCILROY-SMITH
35	29 JULY	STEPHANIE MACKENZIE
36	5 AUGUST	JESS LYALL
37	12 AUGUST	LEANNE LE CLAIRE
38	19 AUGUST	STEPHANIE LAMONT
39	26 AUGUST	JOHN KYME
40	2 SEPTEMBER	TRISH KRUSE
41	9 SEPTEMBER	BIANCA KREUZER
42	16 SEPTEMBER	CAROL KERNAGHAN
43	23 SEPTEMBER	NOLENE JOINER

44	30 SEPTEMBER	PENNY HYMUS
45	7 OCTOBER	LISA HUTCHINSON
46	14 OCTOBER	LIANE HENSELL
47	21 OCTOBER	HAYLEY HARRINGTON
48	28 OCTOBER	SIAM HARRIS
49		CHERYL HARGREAVES
50		LUCINDA HALL
51		CATH GILES
52		PATRICIA GIBBONS

GREENLINE
PREMIUM PROPERTY CARE

SPECIAL HDARC MEMBER OFFERS

We're thrilled to be working hard to care for your wonderful club grounds, and we're pleased to offer some great deals to your members:

10% off on all slashing, mowing and trimming jobs over summer.

Fire Preparation Plans - \$95 (usually \$195):
A fully customised plan specific to your property, including start-of-season plans, checklists to use before and on days of very high rating and above, and specific triggers for when and how to act/leave.

At Greenline, we care for your property as much as we do ours. We maintain and improve small farms and properties from 2 to 200 acres.

We live locally on our own property, so we understand the workload that comes with keeping your land, pastures, gardens, lawns, fences and everything else in the best condition.

We also know it can be hard to find high-quality, professional, on-time service.

At Greenline, we're different – we do what we say we'll do, at a value-for-money price, and to an uncompromising standard.

We use the highest quality equipment for healthy growth, we clean up after ourselves, and we do things properly the first time.

We can help with:

- Slashing, mowing, trimming
- Weed management
- Pasture improvement
- Seeding and cultivation
- Fertiliser and additive spreading
- Harrowing and clean-up
- Rental property maintenance
- Holiday and vacancy maintenance
- Fencing, gates, electrics, water
- Property planning and improvements

Contact Us
greenline@premiumpropertycare.com.au
0408 432 930 – Jamie

www.PremiumPropertyCare.com.au

Event Review



TTT Showjumping 2018

WOW - what a ride!

It is hard to believe that the Mustad HRCAV Top Team Trophy Showjumping 2018 has just been run and won, and now it's all over in the blink of an eye!

When Hurstbridge & District Adult Riding Club members Lisa Embling, Jakki Barton, Karen Robinson and Hayley Harrington won the event last year, we were very excited as this hadn't happened before. It was a piece of history being created!

Once the initial excitement had subsided, we then considered the prospect of hosting this prestigious event the following year.

It was agreed...the challenge had been set and we were happy to step up to the plate. We hoped that we could present a professional, smoothly run competition that the wider HRCAV community could participate in and enjoy.

Over the weekend, the arenas of Greenvale Equestrian Centre saw the hooves of some 250 horses jumping tracks, built by our expert course designers. Thank you to Jenny Muir, Garry Baxter, Peter Boyd and Kirstin Cooté for building interesting and challenging courses, which riders enjoyed jumping their horses over.

We are very grateful to the Greenvale Equestrian Centre User Group for allowing us to hold TTT SJ at their fantastic venue. It was a perfect setting.

We were fortunate to have very experienced judges in Anne Jones, Carole Jacobs, Peter Boyd, Adrian Wright and Kirstin Cooté. Thank you and it was a pleasure to have you judging our riders. The riders (adults and kids) were an easy going, fun group and thank you for coming.

It was great to see everyone cheering each other on and supporting their team members.

We had an escapee grey pony who was having a lovely time running around the warm-up area for quite a few minutes, before being captured and ridden off to his next round of showjumping. This combination did very well indeed and won their section! I think that grey pony had warmed himself up perfectly!

We had a few riders come off their horses, but all were fine thankfully. I must mention the Colbrow Medics - Rebecca and Pourya who did a great job looking after our riders on the weekend.

The sponsorship we received from our naming rights sponsor, Mustad, our platinum sponsors, Horshare, Mitavite and Fiber Fresh, along with our section sponsors and silent auction sponsors was incredible.

Team prizes right down to 8th place! Beautiful embroidered rugs, garlands, trophies, leather halters, bags of feed were a few of the many fantastic prizes received by riders. This sponsorship is just huge. A heart-felt "thank you" to all sponsors! Your generosity and support of our event has been overwhelming. These events just couldn't happen without you! I know that there are many grateful TTT SJ riders who are now enjoying their prizes!

Thank you to all the team helpers - you did a fantastic job and we all know that these events cannot run without your help.

Thanks to Jen Mainland & Kristina Smith our HRCAV Reps, Michelle Retra our TD, and to the ever-efficient Karen Slade from Event Secretary.

Thankyou to our Hurstbridge Adult Riding Club members who carried out the many tasks that were assigned to you over the weekend and also on the Saturday before. This included bunting set-up and general tidying of the grounds. To our tired Hursty members who were there at the pack up in the dark (the last thing you wanted to do) thanks for pushing through the fatigue to get it all done. You are all just marvellous!!

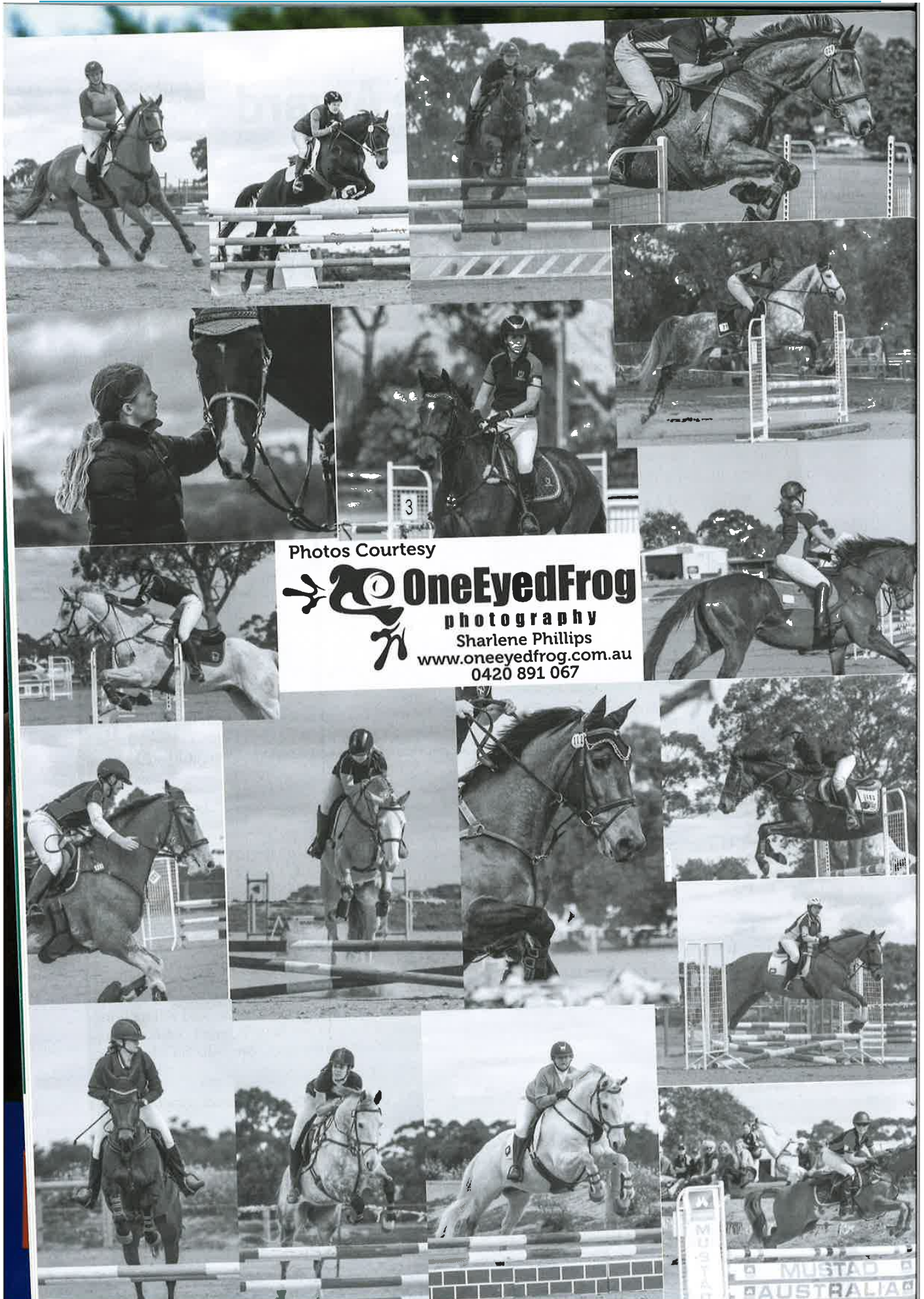
To our hardworking Organising Committee words just aren't enough. You were all incredibly AWESOME! Hosting an event of this size requires a certain amount of consistency and diligence over a lengthy period. It takes a number of people each performing various roles to put it together. Your commitment, dedication and "can do" attitude is something to be admired. I couldn't be more proud of you all.

We have enjoyed having the HRCAV Showjumping Top Team Trophy in our club house for the past year but it has now moved on to its new home for the year. Congratulations to the winning team 'Bendigo Bandits 1' a composite team comprising of members from Bendigo & District Family Equestrian Group and Lancefield Equestrian Group.

Congratulations to our Hurstbridge team for finishing in 8th place, a fantastic effort ladies (Simone Freeman, Leanne LeClaire, Karen Robinson and Rachelle Regan)!

Mel Dawson
HDARC President





Photos Courtesy

OneEyedFrog
 photography
 Sharlene Phillips
www.oneeyedfrog.com.au
 0420 891 067

Hurstbridge and District Adult Riding Club
SOCIAL MEDIA and ADVERTISING POLICY

Please take a few moments to familiarise yourself with this :)

Social media is changing the way we communicate. This policy has been developed to inform our club members about using social media so people feel enabled to participate, while being mindful of their responsibilities and obligations. In particular, this policy provides practical guidance allowing all parties to benefit from the use of social media, while minimising potential risks and protecting those involved.

This policy assists to establish a culture of openness, trust and integrity in all online activities related to HDARC

This policy contains guidelines for the HDARC members to engage in social media use. It also includes details of how the policy could be breached.

In circumstances where guidance about social media issues has not been given in this policy, we suggest you seek advice from the committee who approved this policy.

Underlying principles

This policy complements HDARC core values and applies to all persons who are members of the HDARC and the club's Facebook social media page.

Guidelines

You must adhere to and share the following guidelines when using social media related to HDARC as members and/or invited friends of members.

Use common sense

Whenever you are unsure as to whether or not the content you wish to share is appropriate, seek advice from the committee before doing so or refrain from sharing the content to be on the safe side.

When using social media, the lines between public and private, personal and professional, may be blurred. Remember, you are an ambassador for HDARC when posting content online, and there is always potential for that content to become publicly available through a variety of different means, even if it was intended to be shared privately. Therefore, you should refrain from posting any content online that you would not be happy for everyone and or anyone to see, even if you feel confident that a particular individual would never see it. The general rule is don't post anything you wouldn't say to the person's face.

Honesty

Your honesty—or dishonesty—may be quickly noticed in the social media environment. Do not say anything that is dishonest, untrue or misleading. If you are unsure, check the source and the facts before uploading or posting anything. HDARC Committee recommends erring on the side of caution – if in doubt, do not post or upload.

If you have a vested interest in something you are discussing, point it out. If you make an endorsement or recommendation about something you are affiliated with, or have a close relationship with, you must disclose that affiliation.

The web is not anonymous. You should assume that all information posted online can be traced back to you. You are accountable for your actions both on and offline, including the information you post via your personal social media accounts.

Respect confidentiality and sensitivity

Remember, if you are online, you are on the record—much of the content posted online is public and searchable. When using social media you should be considerate to others and should not post information when you have been asked not to, or where consent has not been sought and given. You must also remove information about another person if that person asks you to do so.

Gaining permission when publishing a person's identifiable image

We all post images and pictures from rallies and events. Be careful when posting images especially if they are clearly identifiable or if the image is not flattering of horse or rider. Ideally ask permission or ensure you know the person well enough that they would be ok with the image being public. All members must feel comfortable to ask for images to be removed if they are not happy and the person who uploads the image should be respectful if asked.

Complying with applicable laws

Do not post or link to content that contains illegal or indecent content, including defamatory, vilifying or misleading and deceptive content.

Abiding by copyright laws

It is critical that you comply with the laws governing copyright in relation to material owned by others. You should never quote or use more than short excerpts of someone else's work, and you should always attribute such work to the original author/source. It is good practice to link to others' work rather than reproduce it.

Discrimination, sexual harassment and bullying

The public in general and members, reflect a diverse set of customs, values and points of view. You must not post any material that is offensive, harassing, discriminatory, embarrassing, intimidating, sexually explicit, bullying, hateful, racist, sexist or otherwise inappropriate. When using social media you are also bound by HRCav values and the Anti-Discrimination, Harassment and Bullying Policy.

Avoiding controversial issues

Always post with respect and with the facts. If you speak about others, make sure what you say is based on fact and does not discredit or belittle that party.

Advertising

HDARC has a number of channels that can be used for advertising these include our newsletter, website and social media. If you would like to advertise something through any of the HDARC channels you need to email the committee so it can be discussed at an upcoming meeting and approved. Advertising (unless it is a sponsorship or paid) should always benefit our members through an exclusive offer and or discount.

Dealing with mistakes

If you make an error while posting on social media, be up front about the mistake and address it quickly. If you choose to modify an earlier post, make it clear that you have done so. If someone accuses you of posting something improper (such as a defamatory comment about them), address it promptly and appropriately.

Conscientious behaviour and awareness of the consequences

Keep in mind that what you write is your responsibility, and failure to abide by these guidelines could reflect negatively on HDARC.

You must not imply that you are authorised to speak on behalf of HDARC unless you have been given committee authorisation.

Policy breaches

Breaches of this policy include but are not limited to:

Using HDARC's name, motto, crest and/or logo in a way that would result in a negative impact for the club and/or its members.

Posting or sharing any content that is abusive, harassing, threatening, demeaning, defamatory or libellous.

Posting or sharing any content that includes insulting, obscene, offensive, provocative or hateful language.

Posting or sharing any content, which if said in person would not be seen positively.

Posting or sharing any content in breach of HRCVA's anti-discrimination, racial discrimination, sexual harassment or other similar policy.

Posting or sharing any content that is a breach of any state or Commonwealth law.

Posting or sharing any material to our social media channels that infringes the intellectual property rights of others.

Reporting a breach

If you notice inappropriate or unlawful content on the HDARC social media page - you should report the circumstances to the committee.

Disciplinary process and consequences

HDARC members who breach this policy may face disciplinary action as deemed necessary by the HDARC Committee. This could include formal letter, removal from the page, and reconsideration of membership renewal.

5th December, 2018

Equissage Massage Therapy

Research has shown that massage has a direct impact on lowering the levels of stress hormones that create the "fight-or-flight" response, and can boost "feel good" neurotransmitters like dopamine, serotonin, endorphins and oxytocin. Massage therapy can help lower the bodies cortisol levels, by improving the flow of lymph which improves circulation and metabolic rate.

Liane is available right through the holidays if any of our club members would like a free demonstration to learn about this amazing equipment and receive a full treatment on their horse too.

So your horse can feel as relaxed as Tana is in the photo awww.

liane.equissage@gmail.com or [0423 013 878](tel:0423013878)

