

# Hurstbridge District Adult Riding Club

Newsletter August 2021



# President's Report

Dear Members,

Well we started this new term at our club full of hope and promise. Life seemed to be returning to some type of normality – we had crowds at the footy, people at restaurants and we were able to be mask free! Unfortunately, as we all know only too well, the situation can rapidly change. With the recent spate of lockdowns, it wouldn't be unreasonable to be feeling very frustrated, cross and despondent. However we are a patient and resilient group of people and we will all come through this so please keep hanging in there! Hopefully the light at the end of the tunnel is not too far away!

With the world still in the grips of this COVID-19 pandemic, it was certainly a welcome distraction watching the Olympic Games held in Tokyo from 23<sup>rd</sup> July to 8<sup>th</sup> August. What a fantastic fortnight of elite sport it was! I know that I was glued to 7+ and looked forward to sitting up late each night to watch our Australian athletes competing against the best of the best. Of course the equestrian sport for me was the absolute highlight. I am sure you all enjoyed it too. Our Eventing Team of Andrew Hoy, Shane Rose and Kevin McNab did Australia proud by winning a silver medal and Andrew an individual bronze. What an absolute champ he is - riding in his eighth Olympic Games. At 62 years of age, Andrew has become Australia's oldest ever male Olympian. What about Vassily De Lassos - a super horse!

I know we will all be glued to the tellie again at the end of August watching our amazing Para-Equestrian team of Emma Booth, Amelia White and Sharon Jarvis as they represent Australia in the Paralympics.

It is hard to believe that we are already more than half way through the year. When we have been able to – both Wednesday and Saturday rallies have been well attended, apart from a really bad weather day a few Wednesdays ago where it continuously rained. Understandably 6 riders declined to ride and two members braved the elements to do their 11.00 am lesson as planned, with Viv instructing out of the window from her car parked alongside the arena! Good on you Viv!

Committee have continued to hold our regular monthly meetings remotely and although our preference is for meetings in person (pre-COVID), we have had to adapt and are now well versed in on-line committee meetings.

# President's Report

## Club Website and Email Platform

Lisa Embling has been dedicating lots of her time to diligently working on upgrading our club website and also sorting out an effective club email platform. By now you will all be very familiar with the new look club email delivered via MailChimp. From all reports, the new communication system is working well and all members are receiving emails. The website looks very professional and it is evolving into a great information tool for our members. Thank you Lisa for taking on these tasks, we really appreciate your efforts and expertise. You are doing a super job!

## HDARC Events

It was disappointing that we had to postpone our 3PE competition (originally in June) due to the COVID situation that was evolving at the time, but we look forward to Sunday, 12<sup>th</sup> September – our rescheduled date. Of course we will again have to wait and see if this comp is once again postponed. I will keep you posted! The 3PE Sub-Committee ladies (Trish Kruse, Justyne Echaust and Marg Milner) continue to be very creative constructing many different types of obstacles. Justyne's skills in crafting beautiful looking obstacles is very impressive. I am so looking forward to seeing the course on the day, it is going to look pretty special! Thank you to **ADS Australia** who are our sponsors for this event.

Due to the current COVID situation, our Showjumping Jackpot has been rescheduled to the new date of Sunday, 10<sup>th</sup> October, 2021. Thank you to those members who had responded to Erin Nugent's request for helpers to run this event (with the original date). Erin will be in contact with you in due course. Thank you Erin for taking on the role of Helper Roster Co-ordinator. A big thankyou to **Horse Bit Emporium**, our sponsors for this event. The lucky Jackpot Winners will be receiving lovely trophy rugs provided by **Horse Bit Emporium**.

Our Dressage Jackpot which is to be run on Sunday, 31<sup>st</sup> October, 2021 is all organised and entries are open on Event Secretary. **Jellis Craig**, who are great supporters of our club are generously sponsoring this event and supplying beautiful embroidered trophy rugs for the Jackpot Winners. We are very grateful to them.

Our Dressage Jackpot is always very well attended with competitors from far and wide. Julia Walker who is heading up this sub-committee has everything set in place and sometime in September an email will go out to members from Corinne Normington who is the Helper Roster Co-ordinator for this event. She will be asking for volunteers to help run the competition, (eg setting up the day before, pencilers, ring stewards, canteen helpers, parking official etc.) so please be on the lookout for that email.

# President's Report

## Committee for 2022

Each year early in November our club holds its Annual General Meeting. At the AGM various tasks are carried out including the presentation of the club's financial accounts (Treasurer's Report), tabling of President's Report and election of office bearers. Although we have not set the date for the AGM as yet, I do know that November will come around very quickly. With this in mind, I would like to let you know in advance that it is my intention to retire from the President's role at the end of the financial year. Over the past 5 years, I have enjoyed being your President, however I feel that it is the right time for another member with the same passion for our great club, to "take over the reins". If you think that you may be that person, and would like to discuss the role and what it entails, please give me a call on 0439 080 861. I will continue my role as Wednesday Rally Co-ordinator.

Our Committee is made up of 3 office bearers (President, Secretary and Treasurer) and between 4 and 6 general committee members, each of whom are elected at the AGM.

Please consider becoming part of the Committee, including taking on the role of President and any other office bearing positions (Secretary and Treasurer) that possibly may become vacant. There will be a number of general committee member positions vacated as well. If you are someone who likes to make a difference and be involved with a group of likeminded dedicated committee members, we would love to hear from you.

Being a committee member is an important role, and attendance at committee meetings is equally important. Meetings are held monthly and it is expected that you would make these meetings a priority. It is necessary to have full attendance at meetings so that you have a quorum and are able to make decisions.

So yes, there's meetings to attend and work to do, but it is a rewarding experience and you will make a valuable contribution to your club.

# President's Report

## Harrowing

During the winter months when the cross country ground is wet, please access the harrows that are used for the top arena, through the opening to the arena at the front of the club house. Just drive your car across the arena. Please do not use the crossover to get to the harrows. We don't want you to become bogged!

In closing, I would like to say to our members who are going through difficult times, either because of their own personal health issues or that of a family member, or because of loss/grief, we send positive vibes and warmest thoughts your way.

Kindest regards,

*Mel Dawson*

# TOKYO 2021 OLYMPIC GAMES

Our Australian Equestrian Teams headed off to Tokyo for the 2021 Olympic Games, gearing up for what was going to be an incredible competition with some amazing performances by Team Aus.

The equestrian community was shocked and devastated, when finding out our Showjumping Team would now be only competing as individuals after a recent drug scandal, eliminating one of our riders from the competition. Our hearts reached out to those riders, coaches, sponsors, vets, strappers and everyone who had spent years training for this.

With the dream of Australia winning these Olympic Games soon slipping out of our hands, we looked for hope as our Eventing Team took to the grounds.

After a great ride in the dressage from all our riders, the cross country was less of a concern for our Aussies as with all such bold athletic horses, we knew we could gain some ground back once we had entered the second phase of the event. Some amazing horses and riders in the field but the Aussies did not let us down!

As we approached the end of the showjumping phase, our Aussies rode again for gold as we watched on the edge of our seats. With another great round by the Aussies, Australia took home the Silver and won gold in our hearts!

Alongside the Aussies, stood Great Britain who took home the Gold and France for the Bronze. We are extremely proud of our Aussies who all pulled out some incredible rounds for the world to see! Well Done!

## AUS Eventing Team 2021

Shane Rose riding VIRGIL

Andrew Hoy riding VASSILY DE LASSOS

Kevin McNab riding DON QUIDAM



# Australia Wins Silver



Andrew Hoy has become Australia's oldest Olympic medalist at the age of 62 after winning a silver medal as part of the equestrian Eventing team, Hoy also won bronze in the individual Eventing event.







## Congratulations to our Showjumpers

The AUS girls competed beautifully in their showjumping rounds and proudly represented Australia in the Individuals Showjumping

- Edwina Tops-Alexander with Identity Vitseroel
- Katie Laurie with Casebrooke Lomond

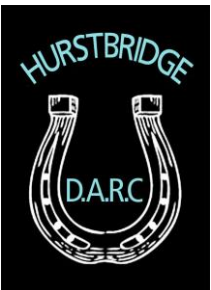


# Up Coming Events

- ❖ Hurstbridge 3 Phase Equitation Sunday, 12<sup>th</sup> September, 2021 Sponsored by **ADS Australia**
- ❖ Hurstbridge Showjumping Jackpot Sunday, 10<sup>th</sup> October, 2021 Sponsored by **Horse Bit Emporium**
- ❖ Hurstbridge Dressage Jackpot Sunday, 31<sup>st</sup> October, 2021 Sponsored by **Jellis Craig**

Thank you to our sponsors





## Hurstbridge & District Adult Riding Club

OFFICIAL HRCVA

### DRESSAGE JACKPOT SUNDAY 31ST OCTOBER 2021

*Tests – September 2020 All Weather Arenas 60 x 20m (including sand arena warm up)*  
**LEVEL 4 & 5 COMBINATIONS ASSESSED PRIOR 1<sup>ST</sup> JULY MUST UPDATE PERFORMANCE CARD POINTS:**  
<https://hrcav.com.au/directions-for-converting-card-points/>

**VENUE:** HDARC & PC Grounds.

1041 Heidelberg-Kinglake Rd. Hurstbridge (Mel Ref 263 B7)

**ENTRY FEE:** Jackpot \$60 Single Test \$35

**ENTRIES CLOSE:** 24th October, 2021, or earlier if sections are filled

**ENTRIES TO:** Entries to be submitted online at [www.eventsecretary.com.au](http://www.eventsecretary.com.au)

**ENQUIRIES:** [office@eventsecretary.com.au](mailto:office@eventsecretary.com.au) Karen 0407 433 956

**SCRATCHINGS:** Prior to event – email: [office@eventsecretary.com.au](mailto:office@eventsecretary.com.au)

**DRAW:** Will be emailed and published on [www.eventsecretary.com.au](http://www.eventsecretary.com.au)

**PRIZES:** Sashes as Per Event Rule 25. Trophy Rugs for Jackpot Winners

#### **CONDITIONS OF ENTRY**

- Event runs according to HRCVA rules.
- Competitors must ride at their assessed level and may enter the level above if entries permit
- Competitors to supply own numbers.
- This event will be conducted as a card free event.
- Riders must present for gear check at least 20 minutes prior to first test.
- No refunds after closing date unless a vet or doctors' certificate is provided within 14 days of event (a \$10 admin fee will apply)
- Protests must be lodged within 30 minutes of posting of results accompanied by a \$20.00 deposit.
- The Ground Jury's decision is final.
- The organizers reserve the right to cancel any class, to divide any class, to alter advertised times or to refuse entry with or without stating a reason.
- Hurstbridge & District ARC does not accept liability for any accident, damage, injury, damage or loss arising from attendance at the event.
- HDARC uses events for publicity on our website. If you do not wish your photo to be published, please state this when submitting your membership card.
- NO DOGS ALLOWED ON GROUNDS**

*Full Canteen Facilities*

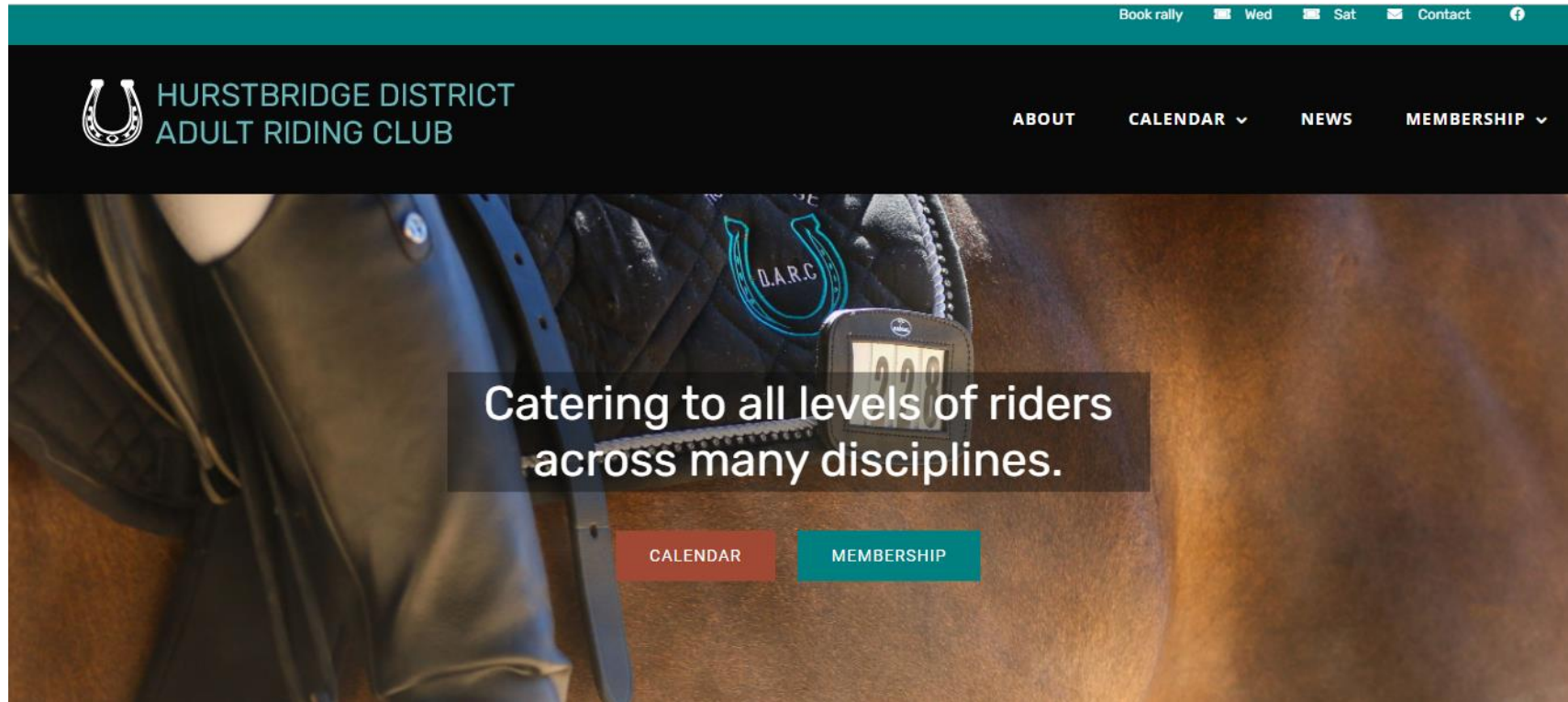
This event will be subject to current Covid Restrictions

<https://hrcav.com.au/covidsafe-conditions-of-entry-for-competitions/>

Proudly sponsored by

Jellis  
Craig

ADVANCED	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
ADV 2	1.2	2.2	3.2	4.2	5.2
ADV 4	1.4	2.4	3.4	4.4	5.4



**NEW Website Now Live!**

The Nillumbik Horse Action Group Inc. is a committed group of community minded residents, formed to support and advocate on behalf of horse owners and riders within the Shire of Nillumbik.

The NHAG works to preserve, maintain and improve the shire's shared trail network and to ensure horse riders' ongoing access to those trails while encouraging responsible trail riding for the safety of all.

We believe the equine culture and character of rural Nillumbik contribute significantly to the appeal, amenity, economic viability and environmental sustainability of the Nillumbik Green Wedge.

We support Nillumbik Shire Council to provide educational workshops on informed land management practices for the health of people's properties, their horses and the environment.

***We encourage you to become a member to keep apprised of issues that may affect you as a resident and horse owner in Nillumbik Shire.***

**Membership of the NHAG costs nothing, however being a member is valuable** not only to you as an individual, but to the Nillumbik Equine Community as a whole. Your membership enables the NHAG to advocate as a representative body for local horse owners on all relevant matters of concern and interest.

Your FREE membership includes:

- Supporting a recognized and respected equestrian entity to act on your behalf in liaison with Nillumbik Shire Council and other relevant authorities on all matters relating to equestrian within Nillumbik Shire
- Connecting with like-minded individuals and organizations, exchanging information and ideas
- Receiving email and e-newsletter updates
- Staying informed on relevant, important local issues

Please use this link to the 'Membership' button on the NHAG Website to fill out the Membership Form: <https://www.nhag.org.au/>  
Then simply email your completed Membership Form to [cathygiles@bigpond.com](mailto:cathygiles@bigpond.com)

We also encourage **Facebook users to 'Like' and follow the NHAG on Facebook** to keep instantly updated with local happenings.

Thank you for assisting us to support the horse owning community in Nillumbik and do get in touch with any ideas, areas of interest that you would like to see promoted or any matters of concern.

***Stay informed, become engaged and be connected:***

**FB:** <https://www.facebook.com/nillumbikhorseactiongroup/>

**Web:** <https://www.nhag.org.au/>

**Email:** [nhag@nhag.org.au](mailto:nhag@nhag.org.au)

**Phone:** Cath Giles (President) 0417 307 843



## Member Photos

Keeping the grounds in use in between lockdowns

### Reminder

We strive to keep our grounds always looking amazing, so please remember to pick up after yourself when leaving the grounds.



# Classical Riding & Dressage Encounters

*Susie Walker*

"Recent studies conducted by the Institute of HeartMath provide a clue to explain the bidirectional "healing" that happens when we are near horses. According to researchers, the heart has a larger electromagnetic field and higher level of intelligence than the brain: A magnetometer can measure the heart's energy field radiating up to 8 to 10 feet around the human body. While this is certainly significant it is perhaps more impressive that the electromagnetic field projected by the horse's heart is five times larger than the human one (imagine a sphere-shaped field that completely surrounds you). The horse's electromagnetic field is also stronger than ours and can actually directly influence our own heart rhythm!

Horses are also likely to have what science has identified as a "coherent" heart rhythm (heart rate pattern) which explains why we may "feel better" when we are around them. . . .studies have found that a coherent heart pattern or HRV is a robust measure of well-being and consistent with emotional states of calm and joy--that is, we exhibit such patterns when we feel positive emotions.

A coherent heart pattern is indicative of a system that can recover and adjust to stressful situations very efficiently. Often times, we only need to be in a horse's presence to feel a sense of wellness and peace. In fact, research shows that people experience many physiological benefits while interacting with horses, including lowered blood pressure and heart rate, increased levels of beta-endorphins (neurotransmitters that serve as pain suppressors), decreased stress levels, reduced feelings of anger, hostility, tension and anxiety, improved social functioning; and increased feelings of empowerment, trust, patience and self-efficacy.

(The photo of the ballerina and the horse is of Anastasia Limenko. A soloist at the Stanislavski Theater in Moscow and the horse, Brioso, is owned by Olga Shumilina. The photo is taken by Olga Bazhutova)

Follow on Facebook

<https://www.facebook.com/classical.riding/>

Subscribe to Blog

<https://www.classicalriding.com.au/blog>

