



RDA Newsletter

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

IN THIS ISSUE: Term 2, 2022

From the President

Volunteer and Rider Awards

Horse Chatter

Susan becomes a Coach

State AGM

Current Fundraisers

New Activity Board

Community Support

Farewell Veronika

FROM THE PRESIDENT

Hi Everyone,

Winter has certainly arrived and those cold westerly winds straight off the inland frosts and snow have made things very chilly - BRRR. A big shout out to our riders who rug up and turn up, eager to get into their riding sessions. This takes a lot of commitment, though once inside the arena and after moving around on our wonderful horses, those muscles warm up, the smiles return, and the cold is (almost!!) forgotten.

A big thanks to Phil for getting up in the dark in the winter months to bring the horses in for their early morning feed before programs start. I can report that it has been pretty windy and chilly in the horse stalls early in the morning, and our horses are ever so patient while our volunteers get them ready for our riders.

Our Centre has had a lot to celebrate in the last few months - so make sure you take the time to read through the Newsletter and see our successes and photos.

- Jaden Macko - State Winner of the RDA (NSW) Rider/Driver of the Year
- Rosemary Liang (Driving Whip at Stroud) - the Pearl Batchelor Award
- Photo Competition at the State AGM - Miriam Donovan and Flame
- Susan Schmidite - on becoming a fully qualified Coach at our Centre

In early May we held the first on-site gathering and BBQ at our Centre since 2019 to present our annual Riders' awards and celebrate the years of service for our Volunteers. We had about 45 people attend, and it was great to mingle and catch up with riders, parents, carers, and volunteers from across our programs in a more casual setting. The Management Committee was able to chat to everyone there and get some great ideas for fundraising and for our Strategic Plan.



I'm sure we are all looking forward to the days getting a bit longer and to those lovely, sunny winter days which make a little trail ride outside so wonderful. In the meantime - stay warm and look forward to the 2nd half of the year!!!

Alison
President
Management Committee

PROGRAM NEWS

Monday Program – Congratulations to Susan

In May 2022, Susan Schmedite became a fully qualified Coach at our Centre after completing her final assessment done by Wendy Torr. Becoming a coach is a huge commitment and involves many, many hours of online and practical sessions, learning and assessment. The training and assessments cover a huge range of things including horse conformation and management, tack, safety, working with and understanding many aspects of people and children living with a disability, lesson plans and so much more. Susan's journey to becoming a Coach was a bit trickier than usual as her training was interrupted by the Centre's closure for periods during COVID. Our Coaches are the backbone of our Centres, and we are very fortunate to have Susan join our Coaching community.



Wendy and Susan – look at those smiles!

Well done and congratulations!

New Equipment – Salamander Bay Men's Shed

It is always important for us to have activities that stimulate the rider's coordination vision, hearing, dexterity through touch, smell, and sound. The Men's Shed from Salamander Bay designed and manufactured a unique style of Sensory Board for our riders to use in programs while being mounted on their horse. **THANK YOU FOR YOUR GENEROSITY!** It will be well loved in our program activities.



VOLUNTEER NEWS

Rider Awards and celebrating our Volunteers

On Saturday 7th May, about 45 people attended the first on-site gathering and BBQ at our Centre since 2019. The main purpose was to celebrate and present our annual Riders' awards and badges for years of service for our Volunteers.

Due to Covid lockdowns we were unable to hold any volunteer awards during 2020 and 2021. The badges were awarded for those two years.



We'd like to congratulate and make a big fuss of this year's recipients:

2020 volunteer badges:

Alison Stone (Monday), 3 years

Judy Till, Catherine Wagemans, (both Saturday volunteers) 3 years

Jenny Gunter (Tuesday) 3 years

Pauline Ibbetson of Stroud Driving **congratulations on your 10-year badge!**

The 2021 '10-year badges' were awarded to:

Hayley Bell (Tuesday Coach), Heidi Heinz (Tuesday), Susan Schmeidete and Karolina Urane (Monday volunteers), Janet Hudson (Friday Coach) Wendy Boag (Saturday), Rosetta and Susanne Harde (Stroud Driving). **What a tremendous effort!**



Dianne Smith (Tuesday) was awarded her 20-year badge and Judy Edwards (Monday Coach) was awarded her 25-year badge. **We are extremely lucky to have such dedicated people who make up our team!!**

Riders Awards – Congratulations to Friday Program winners Seanna for Rider Encouragement Award and Jaden for Rider of the Year Award.

Pictured Left: Jaden and Seanna with their coach Janet.

We started the day forming a timeline using our years of involvement with RDA. It was great to see everyone chatting to people they may not have met to find out where they were in the timeline - and it stretched a long way down the length of the Centre and shows Carol at the "longer serving" end with 25+ years under her belt, to those who joined us this year way off in the distance.

Pictured Right: Our Timeline Photo





The Management Committee was also able to chat to everyone there and get some great ideas for fundraising and for our Strategic Plan. The BBQ was expertly managed by one of our well-known volunteers from Monday and Tuesday - Radz and Tim (Pictured Left). Here they are at the end of the clean up!!

A big thanks to Tony Marino - CEO for Good Food Distributors who so generously supplied all the sausages and to Steve Hunt – CEO Hunt Hospitality



who generously supplied all the bread, onions, and sauces for the BBQ and to Lesley Anne for her amazing efforts in fundraising and bringing in donations such as this. And super well done to everyone who brought so many other delicious things. It was a great feast. Pictured Right: Tony and Lesley Anne.



We need a plumber who can **donate their time** to connect our water spigot to the UV filter system in our mounting yard for Riders and Volunteers to be able to use the water system drinking.

CAN YOU ASSIST? Please contact us via raymondterrace@rdansw.org.au

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Thank you to our Maintenance Volunteers!

Not one of the most glamorous jobs at RDA but one of the important jobs our maintenance volunteers do to ensure the hairy long tailed creatures don't make a home in our feed shed and everything is tidy.

**Thank you, Kim, and Eric,
for your hard work in making this happen.**

Farewell to Veronika

Farewell and thank you to Veronika Gudenus. Veronika will be remembered well at our Centre for her dedication to Hippotherapy over the last 25+ years she has volunteered at our Centre.

Veronika came to RDA in 1992 with an interest in assisting coaches because of her physiotherapy background. Veronika had a busy physiotherapy practice and offered her services as a volunteer for consultation with coaches on our more complex riders. Her insights and suggestions were of great help to our coaches, including myself. Veronika pursued her interest in RDA by becoming a coach partly so that she could further her learning in Hippotherapy and eventually introduce it to our Centre.

Hippotherapy is conducted by specially trained therapists using the horse as a tool. Hippotherapy was introduced to Australia in 1994 with an interested group getting together to discuss how they might implement it into our RDA Centres. Veronika was involved with that group from an early stage bringing the idea of Hippotherapy to our Centre. In the years prior to starting Hippotherapy at our Centre she had worked with Jan Sharp, coach, on the possibility of gaining presenters to come to Raymond Terrace to conduct an introductory course. This occurred in 2000 and Veronika gained her level 11 Hippotherapy accreditation in Perth in 2003.

In 2003 she commenced the inaugural Hippotherapy program at our Centre. She was assisted by Margie Englebach and Sadie Pattison as horse handler. That combination continued for a number of years with additional side walkers and horse handlers being trained to assist the team. Veronika was joined by physiotherapist Karolina Urane some years later which meant they could conduct sessions for more clients.

The results from the eight-week sessions were phenomenal not only in terms of physical benefits but confidence, speech, and smiles on faces. Veronika with her extensive experience in Hippotherapy was able to contribute her knowledge to other therapists in future courses held at our Centre. She has a special way of working with her clients (riders) and getting the best for them. Many of her clients went on to join our regular programs and Veronika was always willing to offer help and advice on the best positioning and horses for the rider.

We were fortunate to have Veronika conduct an individual Hippotherapy session in the Monday group over the last few years. We have seen first-hand the benefits of Hippotherapy and Veronika's experience. Our Centre has been fortunate to have you.

Thank you,
Veronika.



A **HUGE** shout out and thank you to our donors and Sponsors

Maitland &
Port Stephens Toyota



**HUNTER OUTDOOR
EQUIPMENT**



The Imperial Maitland

Being in the Heart of the Community is not The Imperial Maitland's 'pick up and put down' project. A community is what we are, what we believe in and what we aim to contribute to every day of every year.

The Imperial Maitland is one of the flagships of Hunt Hospitality International: a community driven company that aspires to create ongoing and sustainable positive impacts.

The opportunity to support Riding for the Disabled Association Raymond Terrace and Lower Hunter (RDARTLH) has been a rewarding experience. As an industry built on strong partnerships, we'd like to extend our thanks to acknowledge the support Tony from Good Foods has shared with us. As one of Hunt Hospitality valued suppliers, it is wonderful to see our relationship create such a positive impact, in such an incredible community.

No matter the celebration, all are welcome to The Imperial Maitland to celebrate, communicate and connect. In knowing that hospitality is a people focused industry, it is our pleasure to contribute to this rich and diverse community.



Thank You Allcott Hire, for the donation of a new dishwasher for Murphy's Room.

STATE RDA NEWS

State AGM and Awards Night – May 21 and 22

This year we had six people from our Centre attend the annual Coaches Workshop and State RDA (NSW) AGM and annual dinner held at Richmond on 21 & 22 May. The Coaches workshop was brilliantly run and included sessions on recognising pain in horses, saddle fitting, case studies on rider assessment to get the best outcomes, laminitis, lesson planning for adult riders and a sensational demonstration from the local SES on large animal rescues.



Pictured Above Left to Right:
Rosemary (Coach), Susan (Coach, Andrew (Jaden's Dad) and Jaden (Rider), Janet (Coach) Alison (President and Program Volunteer) and Hayley (Coach)

This annual event is an amazing gathering of people from all RDA Centres across NSW, and there was a lot of deep discussion, exchanges of information, laughing and catch ups.

Importantly, the annual dinner acknowledged a number of people and presented a range of awards. Our Centre did particularly well, and we congratulate the following:

- Rosemary, who is the Driving Whip at Stroud, for the great honour of receiving the Pearl Batchelor Award
- Jaden - State Winner of the RDA (NSW) Rider/Driver of the Year, who attended with his father Andrew
- Best Photo award (pictured right) – Miriam and Flame



COMMUNITY NEWS

Community Generosity

Thank you to Lesley Anne, who has been out in the community spreading the word about our wonderful Centre and collecting donations and gaining support in a range of ways.



Thank you, Will from The Imperial (Maitland), for donating bread, sausages, onions, and sauces for our Bunnings sausage sizzle



Thank you, Kirkwood's Maitland, for donating 2 x \$50 vouchers for prizes



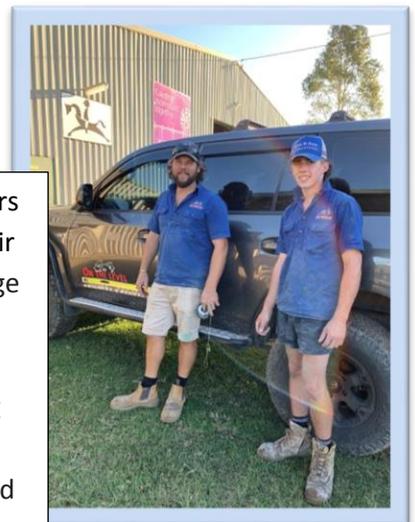
Thank you, Dans at Greenhills, for donating \$50 Gift voucher for prizes



Thanks Bernie at Coles at Greenhills for the donation of a \$50 Voucher for prizes



Thank you to "On the level" Builders Scotty and Tynan, for donating their time to build a rear wall on the large shed to protect the hay from the rain. Much of the hay of late has gone mouldy as it has been getting wet Scotty also talked to his suppliers and got materials donated for what he needed for the job.





HORSE CHATTER

Our beautiful boy Supa has been unwell due to a bad leg injury, and he has been missed by all. His leg is coming along well. He enjoyed a walk around the arena and catching up with Team Tuesday. Beautiful picture with one of our past riders Lachlan enjoying some time with Supa.

CURRENT FUNDRAISERS

Digital Entertainment Membership

Do you enjoy trying new restaurants and cafes, looking at planning a holiday or just want to save money on different products and entertainment. Your entertainment membership will last 12 months from date of purchase. With the new digital entertainment book, you can purchase multi-city memberships.

<https://www.entertainment.com.au/orderbooks/342j18>

By purchasing your digital membership, you receive some fantastic benefits and when you purchase with RDA Raymond Terrace and Lower Hunter 20% of the proceeds from your purchase will go towards putting smiles on riders faces.

A glass or two of Wine

Do you enjoy drinking wine or bubbles? RDA has partnered with Tamburlaine Organic Wines.

These organic wines are sulphur free.

The RRP is \$24 per bottle, however through RDA you can purchase for \$16 a bottle – \$8 per bottle saving.

Orders are by the dozen – if you don't want to purchase a dozen, club together with a few friends or family. Fundraiser runs till end of September.

\$192 per dozen including freight (delivered to your house) and \$50 from every dozen sold comes back to RDA. <https://tamburlaine.com.au/pages/riding-for-the-disabled-association>



TAMBURLAINE
ORGANIC WINES

Every Play for Purpose Ticket gives you the chance to win great prizes while supporting your favourite charity. Support our Centre with your purchase:

<https://playforpurpose.com.au/checkout/rda-nsw-raymondterrace?>

Register your event on our website – you are limited by your own imagination – hold a tea party, a BBQ, a trivia night, a high tea, a morning tea.