



proudly collated by the GRPC Committee

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GRPC CHATTER by committee member Tina Peters—GRPC Life Member

Hi everyone,

At the committee's request I am sending everyone an update as to the goings on around the club. There have been a few changes made which involve upcoming events and other things which need prompt addressing.

Upcoming event information

Due to the continual flooding of the quarry the committee has made the difficult decision to not hold a Spring ODE in 2017. This will be reassessed in the future. Unfortunately we have no control over Mother Nature and it is heartbreaking to put so much effort in to preparing for the event, only to see it ruined due to circumstances beyond our control. It is also very inconvenient to riders when we continually cancel or reschedule events. We hope that you will support our decision and we assure you that the Autumn event in 2018 will be better than ever.

To ensure that you don't miss out on competing your horses we have moved the Derby Day to the ODE weekend so this will be held on **Sunday September 24th**. More details will be available soon on MyAushorse and the Gawler River Facebook page. We hope to see you all there supporting us and we look forward to running a great event. If you are more into show riding then keep an eye out for our gymkhana which was scheduled for July but canceled due to poor weather. This has been rescheduled for **Sunday November 12th**.

Friday August 25th some of our riders will be competing in the Pony Club classes at the Gawler Show. If you are free, come along and cheer them on and grab a snag at the BBQ which is being run by the club. If you are available to help with the BBQ please advise by return email to secretary.gawlerriverpc@gmail.com.

On the October long weekend the club has riders representing the Lower North zone at the State Championships at the Monarto Equestrian facility. There is a gymkhana on the Sunday which is open to all pony club riders and their qualified mounts, so if you are keen to come along and ride, make sure you have 4 quallies from rally attendances on your card. It would be great to have a group of our club riders along and state gymkhanas are always a fun time. There is plenty of room to camp over and even dorms to sleep in if you are not set up for camping. Showers are available as an added bonus if you sleep over!!

Disclaimer

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G.R.P.C

2017/2018 GRPC Committee

GRPC EXECUTIVE

President	Jason Hughes	president.gawlerriverpc@gmail.com
Vic President	Allison Frencken	
Secretary	Angela Nemeth	secretary.gawlerriverpc@gmail.com
Treasurer	Zoe Spry	grpc.treasurer@gmail.com
Chief Instructor	Di Birmingham	
Rally CoOrdinator	Sonia Childs	grpc.rallycoordinator@gmail.com

GENERAL COMMITTEE

Amber Chamberlain	Canteen Shopper
Bonnie McKerlie	
Dawn Coad	
Mel Lloyd	
Tina Peters	
Sonia Wellings	
Jackie Zekov	
Junior Committee Reps	Zoe Zekov, Maddison Hughes, Jade Barry & Holly Harper

NON GRPC COMMITTEE POSITIONS

Margaret De Greef **Lower North Zone Secretary & GRPC Life Member**

GRPC LNZ Reps **Sonia Childs, Angela Nemeth, Di Birmingham**

GRPC Life Members

Iris Stephensen 
Mr & Mrs Eddie & **Jan Wyatt**
Mrs Dianna Birmingham (2011)
Mrs Margaret De Greef (2011)

Mr Graham "Kanga" Parham OAM (2014) 
Mrs Marlene Agius (2015)
Mrs Tina Peters (2015)
Mrs Petra McKerlie (2015)
Ms Michelle De Greef (2015)
Mr Jim Birmingham (2015)
Ms Catherine Agius (2017)

Members remember to visit the GRPC Face Book Page



Housekeeping

Correspondence

There have been numerous emails sent over the last month and this is just a reminder that responses are required to the following. Without your involvement and cooperation the club cannot grow to its full potential so please make it a priority to check out your inbox and respond to the following emails so we can move forward and get things organized for the good of everyone involved.

- Club membership is now overdue, forms were attached to sent email secretary.gawlerriverpc@gmail.com
- Gear Checking clinic will be held at Mt Pleasant Pony Club, a choice of dates were offered and responses required asap so date can be set secretary.gawlerriverpc@gmail.com
- Gawler River Jr Committee Adelaide international 3 Day Event Trip contact (Zoe Zekov or Secretary) zeckoze14@live.trinity.sa.edu.au or secretary.gawlerriverpc@gmail.com
- Expressions of interest in helping at the Adelaide International 3DE show jumping beckpuro@yahoo.com.au

Uniforms

If you require any uniform items please contact Jackie Zekov to enquire re availability and prices either at a rally or email her on jacaranda.2@bigpond.com

Upcoming Fundraising

The club is hoping to hold a “chocolate drive” Keep your eyes open for boxes of Freddos coming your way to sell (and eat) so we can raise some much needed funds for the club.

Riding on the grounds out of rally times

Please remember to show respect for the privilege of using the grounds and ensure you put away and equipment you use and clean up after your horse utilizing the “poo piles”. No one likes to hose their horse off in a dirty wash bay that was left this way by someone else. If you use the yards, please remember to clean these as well. These things should also be done at rallies. If riding on the grounds outside of a rally please take another person along with you for safety reasons.

When leaving please make sure that the gate is locked correctly. The padlocks need to be locked into each other so the council and other service providers have access to the grounds at all times. If you are unsure how to do this please ask someone from the committee to show you.

Congratulations

Sonia Childs has now completed her Pony Club Preliminary Coaching course and is qualified and Zoe Zekov has almost completed her Show Jump Builders Certificate. Well done to them both.

Grading

There are limited positions available for horses to be graded at the rally on September 10th. This will be done in the first session only so if you need this to occur please contact secretary.gawlerriverpc@gmail.com or rallycoordinator.gawlerriverpc@gmail.com to book your spot. There will be other opportunities to follow so if you are not quite ready, please still register your interest for a later date.

Water jump

It has been suggested that we name the water jump so put your thinking caps on and watch this space for an update on that!!!

Working Bee roster

Currently being put together but prior notice to all, there will be at least one before the Derby Day. If you would prefer to do some tasks whilst attending a rally day, please let us know and this can be arranged also

PCASA State Championships

Need your help for line stewards and general help contact Margaret DeGreef (GRPC Life member) to find out more about it. LNZ2011@live.com.au.

Great way to support club members who are representing our club and our zone.

This is also another great opportunity to see what is happening and prepare you to be able to compete in the 2018 PCASA State Championships

Check out Monarto Equestrian Park where the event is going to be run.

PCASA State Gymkhana

Program has now been relisted on the PCASA website, all riding members of Pony Club are allowed to compete.

Clinics

The Committee is in the process of coordinating a show jumping clinic with Mal Maytom and a dressage clinic with Helen Barns.

With the better weather fast approaching some important Information for those riding on the beach.

It is still wise to check the rules of the beach you are going to ride at to make sure you are on the right track

GUIDELINES for HORSES on BEACHES

1. Know the specific council by laws pertaining to beach use and make sure you have permits or other required evidence, as stipulated by the Council.
2. Park horse float/truck only in designated parking areas.
3. Stay with defined areas of beach access when exercising horses.
4. Be respectful of all other beach users.
5. Ride appropriately to suit the terrain, weather conditions, visibility and general traffic on the beach.
6. Minimise impact upon the ecosystem by adhering to access trails and points.
7. Clean up all rubbish/food/wastes from horse float parking area and make sure you take it away with you. Do not place under nearby trees.
8. No fast paced work when posting/soaring other beach users.
9. If taking a young or inexperienced horse to beach for first time, have a beach buddy with you.
10. It is recommended to wear appropriate safety clothing suitable for riding and being around horses.

Keep beach riding open by setting a good example of sustainable and socially responsible beach use for horses.



For more information

www.horsesa.asn.au



Government of South Australia
Aboriginal and Mount Lofty Ranges
Natural Resources Management Board



GRPC 2017 RALLIES

SEP 10TH
OCT 8TH Possible Mt Crawford
OCT 22ND
NOV 26th
DEC 9TH & 10TH GRPC XMAS CAMP

GRPC EVENTS 2017

SEP 24TH GRPC DERBY DAY
NOV 12TH GRPC GYMKHANA

Gawler Show

Gawler River PC is running the BBQ at the Gawler Show on the Friday during the day, if you have a moment and what a lunch or just because pop down and support the show and your club.

Many of our members will be there competing, come down and see what is happening.

If you haven't entered this year put this weekend in your calendar for next year so you don't miss out on a wonderful group of Pony Club ridden classes and show jumping classes on offer.

Our clubs own Diane Birmingham Club Chief instructor and GRPC Life member is the Horses in Action Convener at the Gawler Show. For further information on future country shows around the state pop onto the Gawler show website or put in sa country shows into your search engine to find out more.

What Pony Club means to me

Pony Club for me is a lot about the people you meet. I've been fortunate to meet some lovely people at the club while I've been an adult member and created friendships with people who look out for me and are there for me. But I was associated with the club many moons ago when I was a kid and into my teens and early adulthood and the friendships and memories created back then, although a lifetime ago, don't seem quite so distant when you have a chance to catch up with people. Yesterday I was lucky enough to meet up with Sandy Clayton over a hot chocolate and we reminisced about the fun we had at rallies, zones, novelties, showing, etc. Sandy now lives in the USA so was pleased to hear about some of the old club people I've seen over the years she's been away. I haven't seen Sandy for close on 20yrs and really only two or three times since we stopped pony club as young adults but the joy in seeing each other again and talking about all the fun we had was the best way to spend a couple of hours yesterday arvo. The organisation that is Pony Club is much more than just learning about how to care for your horse, good sportsmanship, etc. It provides lasting friendships made from sharing a common love for horses. I hope all GRPC young riders can one day look back and remember their buddies and the fun they had just like I can. I look forward to celebrating our club's anniversary next year and hope many past members will be able to join us.

Yours in pony club

Catherine Agius GRPC Life Member 2017

Members, GRPC is a member of Horse SA pop onto the Horse SA website to see what future information sessions may be on offer for you.

South Australia is very fortunate to have a wonderful team of people providing great resources for our equestrian family is SA.

Please remember to keep



supporting them

HORSE SA

Boost Your Confidence

Many of us riders have lost confidence in riding at one time or another. Feeling nervous or afraid to ride your horse is nothing to be ashamed of since riding is somewhat considered a risky sport. According to a recent survey, 26 out of 100,000 falls will result in serious injury (Horse & Rider magazine, November 1999) That is quite a small percentage, but a good number out of the 26 cases will unfortunately result in death.

Yes, riding is dangerous. But the risks vary from discipline to the other. For example, most injuries occur in racing, cross country, or in the hunting field. Showjumping has less injuries, and dressage has even lesser. So how does a rider cope with such statistics? Or worse, how does a rider get over the fear of a past experience? The answer will hopefully be found in the following paragraphs.

A Typical Story

If you are feeling uptight about riding, you are not alone. A bad fall may wreck your confidence for a very long time and you may even think that you will never re-gain your confidence. I, myself, was a victim of shattered confidence for more than 8 months. I was practicing for an upcoming dressage competition and my horse threw in a huge buck that landed me straight on my back on hard ground. I was unable to walk, sit, or even sleep without suffering a great deal for a couple of months.

I got back in the saddle after a few days, although my injury made mounting and dismounting a nightmare. My horse was an angel, but that couldn't have done anything to my long lost confidence. I was too scared to trot, let alone canter! I totally avoided riding in the arena where I had my accident as that aggravated a lot of tension.

I knew my horse needed his daily exercise, so I forced myself to canter on very small circles and for very little time. Those were complete nerve-wracking moments as I anticipated my horse to buck at any second. Sound familiar?

I got my confidence back, of course, but after a very long time. There was no magic spell to help me boost my confidence, it just took a lot of time and a lot of conscious effort to help me get over the trauma. Now, four years later, I still occasionally recall the incident and shudder, but I am proud to have persisted on becoming the rider I once was.

Conquer Those Nerves

Whether you have had a bad fall, or seen someone fall, or simply suspect that you might fall off, your nerves will be to be controlled. We know that a tense rider will result in a tense horse, so you must begin with relaxing your own mind and body. It may seem impossible, but try the following tips:-

Have someone lunge your horse so you can concentrate on yourself. Close your eyes and inhale a deep breath through your nose, then breathe in a little more to completely inflate your lungs, and s-l-o-w-l-y exhale through your mouth. Make sure you are entirely focused on yourself; block out all distractions. Repeat a few times then open your eyes. This will slow down your pulse and will loosen the tension in your muscles.

When your mind and body have relaxed completely, begin to trot or canter as you choose, but walk on when you feel that you need another minute to relax once again.

While still on the lunge, release the reins and stretch with your arms to the sky. Reach as high as you can and hold your breathe for a moment. Breathe out as you bring your arms down by your sides. This helps relax the arms, neck, and back muscles. This exercise is to be performed only at the walk.

Off the lunge - Don't maintain a constant pressure on the reins. Half open your hands and relax the contact so the horse won't feel your tension. A tight fist will contract the muscles in your arms and shoulder, which will also limit your breathing. When the horse realizes that you are relaxed, he too will relax, and when you find that your horse is relaxed, you will become even more relaxed and content.

Talk to your horse. Never mind what people will think of you. Carry on an actual conversation with your horse as though he understood every word you said. You may even sing to him. Sounds crazy? Maybe, but it works miracles on calming your nerves. Tell your horse how you wouldn't appreciate it if he bucks; tease him about his unruly mane; tell him a secret that no one else knows, tell him a joke and pretend that he doesn't find it funny! This technique will keep your mind away from nerve wrecking thoughts and will also keep your horse attentive to your voice.

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BOOST YOUR CONFIDENCE Cont

Do not pressure yourself into something that might go wrong if you have not yet recovered your confidence. For instance, if your horse rears when you approach a water jump, avoid the water jump until you know that you are fully capable of handling it. In other words, set small goals for yourself. If you have suffered from a fall yesterday when your horse stopped before a fence, don't try to jump again today to prove to yourself that you can do it, because if your horse stops, and you fall again, your confidence will be even furthermore shattered. Instead, canter your horse over a pole today; tomorrow you may canter two poles set apart, and after tomorrow you may canter over three poles set apart. When you are confident cantering over ground poles, gradually set the poles higher. The whole objective is to get you to view today's ride as 'easy to achieve'.

Ride in company. Being around confident riders will help boost your own confidence. Share your arena with a quiet horse and confident rider or hack out in company. Even if trouble occurs, you will have someone to support you. This thought alone should make you more confident.

Spend a lot of time watching others ride. Seeing others advance can make you eager to reach their level of riding. Eagerness to achieve will set you in a positive frame of mind and will automatically make you 'want' to be a confident rider.

Pretend to be confident. Sit tall and proud, breathe quietly, and smile frequently. This will fool your unconscious mind into believing that you actually are confident and will send the message to your conscious mind. This is the proven power of the unconscious mind and it really does work. To read more about positive mind power check Jane Savoie's book: [That Winning Feeling](#).

Do some positive self-talk. Think of a few positive expressions and write them down on Post-it notes. Post the notes around your house or the yard. Write expressions such as 'Proud' - 'Calm' - 'Brave' - 'Confident' - 'Enthusiastic' - 'Elegant' - 'Patient' - 'Optimistic' - 'Determined'. Every time you cross by a note, audibly pronounce the word on the note. This allows your mind to 'absorb' the expression and store it unconsciously. The next time you ride, your mind will put these words into practice.

Quick Tip: Some riders are recently turning to aromatherapy to calm their nerves, precisely using a product called Bach Flower Rescue Remedy . This would work well on days of competition to help maintain a state of calmness.

Patience is a virtue; give yourself time to recover from your lost confidence. Yes, it may take months, but don't lose hope. One day you will wake up and be eager to get in the saddle and achieve your goals, and shattered confidence will be a thing of the past. It is the love you have for the sport and for the horse that will set you where you can take off again.

Of a website—unfortunately couldn't find original source

GRPC with the help of Sanders Bros Stock feeds have set up a points program. All you need to do is purchase your stock feed at Sanders Bros in Gawler quote this number **534 at the till before you pay and the points from what you have purchased will be then given to GRPC.**

As the points build up GRPC events organisers will get vouchers to be able to provide prizes for our members and at events. The points raised will also assist in other improvements for members around the grounds

To find out more speak with Angela Nemeth who can assist with your questions

Members don't forget to check out our State PCASA website for up and coming events throughout the SA Zones

<http://www.ponyclub.asn.au/events>

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Tony Piccolo MP
 Member for Light

For any issues, questions or concerns, please do not hesitate to contact me or one of my staff.

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