



January Newsletter 2024

Message from the President

The competition year has started with YES – “Soggy Series”. Unfortunately due to the rain leading up to the event the last leg of the series was cancelled with the champions and reserve champions at the levels being decided from the first leg. Congratulations to those riders. A presentation was held on sign on day. Thank you to our sponsors Stance Equilibrium and Advanced Equine Vet for the lovely prizes that were arranged with Equestrienne Magazine providing the judges choice. Sign on day was a social few hours with Mel from Equestrian QLD there to talk to new and old members regarding benefits of joining especially insurance, Chrissie and Liz manning the sign on desk with Sarah, Anne, Linda and Naomi down there from the committee helping out. Also at sign on day it was a pleasure to present Lyn McGann with the DQ Junior Judge of the Year (Medium and below) which was award at the DQ awards in December along with Mel from EQ. Working bee’s – thank you to the committee and members who assisted over the weekend of 13/14 January. The place was mown, whipper snipped, yards cleaned, spraying done, arenas harrowed and unfortunately it is all growing again so watch out for another working bee in middle of February in preparation for Ribbon Day on 3rd March. **The management committee has reviewed the trophy list of the club and due to no hack committee and low numbers in the hacks, it will be trialled in 2024 to only have hack classes at the two Fun Days. The trophy requirements have been updated to reflect this. Another change will be an internal champion trophy for all internal events and the Cyberhorse trophy will be the open champion trophy. All the details are in the updated booklet soon to be uploaded onto the website and in this newsletter.** The club has new shirts in a different colour and cooler style. Please contact and order any shirts with Chrissie the PRARG membership secretary and Liz will then organise with you how to collect. We will be doing an order for larger sizes so if you need a shirt larger than XL, please put an order in. No additional news yet on when the fibre wax surfaces will be installed at PRARG. The committee and all entities are working on the project following a site meeting in early January. Super clinics for 2024. The dressage committee is super keen to present the following on Easter Sunday and Monday: Tracy Baldwin (dressage), Ruth White (Working Equitation/Dressage) and Tanja Mitton (Mindset and rider position). This is a two clinic for all. The club has applied for EQ Development Funding so is awaiting that decision. Tanja is funded by Get Active QLD. More details inside and on FB with videos to watch about Tanja Mitton. Updated rules from 1.1.24. in the newsletter is the list of workshops either face to face or zoom for members to attend. The ruling regarding gear check after riding – this hasn’t yet been trialled at PRARG as it keeps raining but in the newsletter is how it will run at PRARG. Happy riding and either don’t get too wet, too hot – there doesn’t seem to be too much in between.

Kay

2024 Committee

President:

Miss Kay Paulsen - 0419 741 273 prarginc81@bigpond.com

Vice Presidents: Naomi O’Farrell, Sarah Webster

Secretary:

Maria Gould mgould@bne.catholic.edu.au

Treasurer: Amanda Wright

Membership Secretary: Chrissie Hoffman prarg.membership@gmail.com

Committee Members:

Liz Perkins, Anne Mabardi, Jess Merlo, Linda Van Rensberg, Sarah Webster

Publicity: Kate Thompson, Lorraine Edwards

Grounds: Anna Flohr - 0407 622 666

Dressage - Kay Paulsen, Melissa Forrest, Linda Van Rensberg, Kylie Rye

Sarah Webster, Kylie Munn, Jess Merlo, Emma Flegman,

2024 Calendar Dates

Open EA Days

- Sunday 24 March: 2** Preliminary to Elementary Day (This Comp is with AOR Classes)
- Sunday 12th May Participant & Club classes
- Sunday 30th June: Lex Wills Memorial Star Champs Medium to Grand Prix
- Sunday 30th June: Official ‘Pony Spectacular’, plus Competitive Preliminary to Grand Prix
- Sunday 1st Sept: Participant & Club/ GSE OTT

Club Member Days (members only)

- Sunday 03 March: Ribbon Day
- Sunday 06 May: Dressage Teams (monday public holiday)
- Sunday 2nd June: 1st Leg of the PRARG Winter Series(1 of 2) This may include OTT Classes
- Sunday 14 July: 2nd Leg of the PRARG Winter Series (2 of 2) This may include OTT Classes
- Sunday 04 August: Ribbon Day
- Sunday 22 September: Ribbon Day
- Sunday 27 October: Fun Day
- November: Summer Series Leg 1
- December: Summer Series Leg 2
- January 2024: Summer Series Leg 3

Clinics

- TBA 1ST SADDLERY MARKET with 2nd one on 26th October
- Saturday 25th May: Pole Clinic
- TBA Protocol days
- TBA clinics

For full details on the above events closer to the date, (programs, draws and links to the entry page on Nominate), visit our website www.prarg.com/calendar.html



The Members’ Handbook is available to view/download from the PRARG website. Please take a bit of time to read this document so you are familiar with club information, rules and by- laws.



Sponsors

SPONSOR APPRECIATION

Stance Equilibrium is a company that was founded on and continues to be driven by passion. It's also driven by the pursuit to better themselves, their products and the lives of horses all around the globe. At Equilibrium, they don't see themselves as just being really good at making supplements, they also take great pride in the way in which they go about helping horse owners understand an innumerable range of factors that contribute to having happy, healthy horses.

Equilibrium supplements contain vitamins, minerals and salts in optimal ratios suitable for all equines. Equilibrium products remain one of the most affordable ways to supplement your horse. EQUILIBRIUM MINERAL MIX - offers an optimal blend of vitamins, minerals and electrolytes. Suited for all horses, all of the time, this product was the one that started it all. The blend of vitamins, minerals and electrolytes that are specific to this product are suitable for all equines, at all levels of work. EQUILIBRIUM B1 COOL MIX - is the supplement we recommend for nervous or excitable horses. Containing extra Magnesium and Vitamin B1, two nutritional elements that assist in the normal nervous system function of horses, this product has garnered a loyal following. For more information about their products and stockists, visit their website equiaustralia.com.au

Advance Equine Vets is a mobile equine only veterinary practice operating on the Gold Coast and surrounding areas. They are equipped with the latest technology in ultrasound, endoscopy and digital radiography, and also offer quality ambulatory care across all equine disciplines. View their website for full details of their services www.aevets.com.au/services

177 Latimers Crossing Road, Advancetown.

E admin@ae vets.com.au P 0488 984 422



Whats New...



NEW GEAR CHECK RULES



New rules concerning gear check and how it will work at PRARG:

The new EA dressage rules commence 1.1.24. The below rule regarding gear check and the need for it to be DONE after your test is a new rule.

Rule 4.4 Gear check:

- a) gear check is compulsory for each test and failure to have a gear check will entail elimination
- b) **An Accredited Steward (or approved representative of the Steward) must be appointed to check the saddlery of each horse immediately after it leaves the arena. Any discrepancy will be reported to the Judge at C. The checking of the bridle must be done with the greatest caution, as some Horses are very sensitive about their mouths.**
- c) If the Steward discovers fresh blood in the Horse's mouth or in the area of the spurs during the check at the end of the test, they inform the Judge at C, who will eliminate the Horse and the Athlete
- d) If the Steward discovers fresh blood on other parts of the horse they inform the Judge at C.
- e) **A visual check before leaving the last warm up arena may be conducted by the Stewards/marshall to prevent Athletes going into the field of play with any forbidden equipment. A visual check can be declined, as it is designed to help Athletes but is not compulsory. However, it remains the full responsibility of the Athlete not to enter with any forbidden piece of Saddlery.**

Rule 6.4 Stewards: A steward is a trained, accredited EA or FEI official. All official competitive events must have a minimum of one Level 1 Nationally accredited dressage steward or higher-level Steward appointed and recommended at other times.

At the Gear Check Area: A trained Steward is responsible for:

- a) ensuring every consideration is given to avoid disturbing the harmony of the horse and rider
- b) checking each competitor off the draw
- c) assisting the ground jury by checking competition arenas set-up, safety, surface
- d) communicating with the Organising Committee
- e) guiding the rider on the legality of the saddlery, equipment and dress referred to in Section 5 and the current equipment annex
- f) checking the gear of each competitor for each test immediately after the test is completed
- g) ensuring that if the bit/bridle is in question, a bit check should be undertaken, illegal bits will entail elimination by the C Judge. • if bit inspection requires the removal of the bridle, a head collar/halter must be made available for this purpose or the horse can be taken to a safer environment such as a stable
- any removal of equipment must be done by the rider or their agent
- h) consulting with the TD or, in their absence, the Chief Judge, if doubt exists regarding any item of saddlery or other equipment.

A Marshal is a volunteer who is neither an EA-accredited Steward or non-accredited Candidate Steward who is appointed by an EA-accredited Steward or OC to assist with the management of riders and horses on the field of play to ensure the smooth running of an event.

How it will flow at PRARG:





PRARG EASTER SUPER CLINIC - Sunday 31st March and Monday 1st April 2024

(entries close 25.3.2024 at 4pm) Venue: PRARG, Cnr. Olson & Teviot Roads, North Maclean
Enquiries: Kylie Rye – 0423 427 656 / sampsonvangorsuch@gmail.com
All bookings via www.nominate.com.au. Open to PRARG members and EA members

PRARG Vouchers (maximum \$20) can be used towards lesson payment. Money will not be refunded without vet or medical certificate received within 7 days of the clinic. Dressage/Working equitation lessons are 45 minutes.

Tanja Mitton sessions are throughout the day over two days. Lessons are on a strictly first come first served basis and preference given to riders having two lessons (both days) with the same coach. Please attach vouchers to horse health declarations and hand to club house on day.

THE COACHES: Ruth White (Working Equitation) / Traci Baldwin (Dressage) / Tanja Mitton (Mindset & Rider position)



Ruth White is an EA Level 1 Dressage Coach is a full time coach having gained accreditation in the 1990's. Starting with pony club I have ridden and trained horses for dressage, endurance, working equitation. Teaching for me is ever-evolving, learning every day from my students and our horses. Working on improving techniques for improving my instruction. Never losing sight that every person we coach is important and needs to be listened to and heard. For most riders, a lesson is a luxury and this must be always respected. I pride myself on conducting myself with a high standard of honesty, integrity, ethics, compassion and passion. To me, my experience in so many disciplines enables me to help many riders, no matter what discipline they choose and to understand and respect their needs.

(Normally \$90): EA Member or PRARG Member who is EA Member \$75 | PRARG Member (no EA M'Ship) \$80



Traci Baldwin (nee Manca) (Bachelor of psychological Science with Honours). Dressage coach for some 40 years and working within the social science field for 16 years. At the height of her dressage career was selected to be a part of the Olympic training squad for the Sydney Olympics. Traci has trained many types and breeds of horses to Grand Prix level and has coached many students from just broken in to Grand Prix level as well as state and national squad members. Traci enjoys working with anyone who is committed to improvement. **(Normally \$90): EA Member or PRARG Member who is EA Member \$75 | PRARG Member (no EA M'Ship) \$80**



TANJA MITTON
COACHING

Tanja Mitton - As a mindset coach I can help you to achieve a different perspective to your riding capability and knowledge. If you believe you are not good enough, or if you have a set of negative predictions of what you think might happen next, I can help you see and achieve different outcomes. By teaching you to identify the negative experiences of your past and taking the spotlight off them and instead, finding those empowering moments in your past and lighting them up. When you change your mindset, you change your energy and when you change your energy your body position changes too. How can Rider Position training help you? Learning the very subtle ways how to adjust your body will enable the horse to move more freely and in better balance. **(Normally \$370 -- Riding) Cost for riding at clinic: Cost covers both days of clinic (All costs have been partially subsidised by ACTIVE QLD) PRARG/EA members - \$250 | PRARG ONLY Members - \$290 Cost for non-riding: PRARG/EA members - \$150 | PRARG ONLY members \$190**

Active & Healthy





Internationally recognised specialist coach of biomechanics & personal development

**TANJA MITTON INVITES YOU TO HER EXCLUSIVE
2 Day – Connection Clinic**

“You cannot connect with your horse until you connect with yourself.”

Connection is what every rider wants, no matter what horse they have and what discipline they’ve chosen.

This is why I have specialised in **rider posture** and **horse foundation** training to teach riders how to connect with their horses in a way that **horse and rider can both understand**.

And while that is happening, **Mindset Coaching** can help you:

- **Develop yourself** personally and professionally - on and off the horse.
- Overcome fear and **confidence issues**
- Learn how to **set goals** and fully prepare yourself to go out and achieve them

Opening your mind to improve your riding will help you:

- **Erase bad habits** and turn them into new and effective good habits.
- Learn and understand how your **seat impacts your horse’s performance**
- Become more aware of your **breathing** and how this impacts your horse.

This Clinic is for all riders who want to educate themselves for the wellbeing of their horses.

DATE: Sunday 31st March - Monday 1st April 2024

LOCATION: PRARG

Cost for riding at clinic: Cost covers both days of clinic
(All costs have been subsidised by ACTIVE QLD)

PRARG/EA members - \$250

PRARG ONLY members - \$290

Cost for non-riding:

PRARG/EA members - \$150

PRARG ONLY members - \$190



www.tanjamitton.com

SHOW HORSE DESIGN | PHOTOS TANJA MITTON



Club Trophies

Changes To End Of Year Club Trophies

The management committee has reviewed the clubs trophy list and due to no hack committee and low numbers in the hacks, it will be trialled in 2024 to only have hack classes at the two Fun Days. The trophy requirements have been updated to reflect this. Another change will be an internal champion trophy for all internal events and the Cyberhorse trophy will be the open champion trophy. All the details are in the updated booklet soon to be uploaded onto the website.

Rider 14-24 years	If there are no more than 3 riders in each class, then the 1st two age categories and 2nd two age categories will be combined from the 1st Fun day. A minimum of 2 fun days to be attended to be eligible.
Rider 25-34 years	
Rider 35-44 years	
Rider 45 years & over	

Club Champion Rider	Decided on last hack day. Ride off between overall point winners of each group.
Champion Hack 15hds & Under	Decided from open hack classes at ribbon/fun days. A minimum of 2 fun days to be attended to be eligible.
Champion Hack over 15hds	
Club Champion Hack	Decided on last hack day. Ride off between above Champions

Dressage - Open Trophy. Placings to 3rd.

Open to **official horses Preliminary to Advanced**. Points taken as per EA points table - 6,5,4,3,2,1. 60% (Prelim) and 55% other levels must be obtained. Points will only be given for placings. Points will be doubled for State Championships and trebled for National Championships. AOR results are eligible. Ribbon day, HC events and f/styles results do not count. Results notification must include the date & venue of event, Test, placing and % score. Written results must be sent to PRARG Dressage Results c/o Jess Merlo at prargresults@gmail.com within a month of the event. Points commence 1st January each year and close at end October each year unless Nationals are held just prior to trophy presentation. **IF YOU DO NOT REGISTER YOUR RESULTS, YOU WILL NOT BE CHASED FOR THEM.**

Dressage – Unofficial Participation Trophy (Prep to Novice) – Placing to 3rd.

Points for 1st to 10th Prep to Novice at all Participation Events. Prep and Prelim require percentages of at least 60%, Novice requires percentages of at least 55%. Results notification must include the date & venue of event, Test, placing and % score. Written results must be sent to PRARG Dressage Results c/o Jess Merlo at prargresults@gmail.com within a month of the event. Points commence 1st January each year and close at end October each year unless Nationals are held just prior to trophy presentation. **IF YOU DO NOT REGISTER YOUR RESULTS, YOU WILL NOT BE CHASED FOR THEM.**

Balbriggan Memorial Trophy: Open to riders competing Advanced upwards at Open Official Competitions. Points as per EA points table - 6,5,4,3,2,1. 55% must be obtained. Points close end of October unless Nationals are held prior to presentations. AOR results are eligible. Results to as per Open Official trophy to Jess Merlo at prargresults@gmail.com including the date & venue of event, Test, placing and % score.

Internal Dressage trophy format (points kept by Dressage Committee):

Awarded from dressage ribbon days, fun days and teams dressage (Winter & summer series do not count). Only one trophy may be won by any rider with a Runner Up trophy in each level. If you are eligible for two trophies, you must choose one trophy. Points awarded on 6,5,4,3,2,1 basis. Open classes only eligible. A minimum of three days must be attended and at a particular level e.g. novice March, July & October. Placings gained in elementary/medium/advanced at PRARG participation days in the club section will go towards the relevant internal trophies.

Preliminary	Awarded from dressage ribbon days, fun days and teams dressage (Winter & summer series do not count). Only one trophy may be won by any rider with a Runner Up trophy in each level. If you are eligible for two trophies, you must choose one trophy. Points awarded on 6,5,4,3,2,1 basis. Open classes only eligible. A minimum of three days must be attended and at a particular level e.g. novice March, July & October. Placings gained in elementary/medium/advanced at PRARG participation days in the club section will go towards the relevant internal trophies.
Novice	
Elementary	
Medium	
Advanced	
FEI	



Club Trophies

Changes To End Of Year Club Trophies

CLUB TROPHIES CONTINUED...

Internal Champion Horse & Rider: Awarded to the same horse/rider combinations who compete at least 5 club competitions – Fun Day Hacks /Ribbon & Fun Days & Teams Dressage for Dressage.

Open Hack Trophy: Points taken from open **ridden** hack classes at **OPEN HACK/AG SHOWS** excluding closed club days. Points on placings 4,3,2,1. Champion = 5 points and Reserve Champion = 3 points. Results on club form within **1 month** of show. Results to Kay Paulsen at prarginc81@bigpond.com

Jumping Trophy: Open to horse/rider combinations who compete at open SJ events i.e. AG shows & club jumping competitions i.e. Cedar Grove. Results to Kay Paulsen at prarginc81@bigpond.com

Sporting Horse Trophy: Points from Fun Days on 6,5,4,3,2,1 basis. – 2 days to qualify for trophy.

Newcomer Trophy: Riders to compete in Classes 1, 2 or 3 or combination of all events (ribbon day, fun day & equivalent Teams Dressage class) with a minimum of 3 days to be eligible for Newcomer Trophy – highest points total will win.

Freestyle Award: Awarded to highest freestyle % of the year in any competition. Must be judged by one or two EA judges of appropriate level. Freestyles at ribbon days will be eligible for this award. Written results must be sent to PRARG Dressage Results c/o Jess Merlo at prargresults@gmail.com within a month of the event. Results must include the date & venue of event, Test, placing and % score.

Dressage Encouragement Trophy: Points awarded on 6,5,4,3,2,1 basis on Restricted Dressage Classes 3/4 at ribbon/fun days & Teams Dressage (minimum 3 days)

Hack Encouragement Trophy: This trophy will only be handed out if a hack committee is formed to formulate updated criteria.

Club Helper Award / Shirley Hendren Foam Knicker & Club Stirrer's Awards: Chosen by Management Committee

President's Trophy: Chosen by President

Cyberhorse Club Champion Trophy: Points taken from every PRARG event whether open or internal. Points compiled by Management Committee.

Pocket Rocket Pony Trophy: Points to be gained from participation days as well as internal ribbon & fun days, Team Dressage.

Fiona Lane Memorial Trophy: Trophy for sportsmanship and horsemanship. Names to be selected monthly from club events and chosen by Management Committee at end of year.

70's Club Trophy (Donated by Yarralee Equestrian): Age of rider and horse must reach 70 or over. Certificates given to combinations who attend 2 or more events/clinics in a year. Trophy awarded to rider with highest attendance.



Results - Summer Series

*PRARG Dressage Summer Series
Overall Champions*

LEG 1 RESULTS

Preparatory 1

- | | | |
|----|------------------|-----------------------|
| 1. | Taylah Hore | Daisylane Huntsman |
| 2. | Danielle Shearer | Xalbador of Aethereal |

Preliminary 1A

- | | | |
|----|---------------|------------------------|
| 1. | Julie Pearson | Bluefields Dior |
| 2. | Anika Green | Furst Endeavour 4 Gold |

Novice 2A

- | | | |
|----|--------------|--------------------|
| 1. | Tracey Goss | QS Charleston |
| 2. | Hannah Guise | Remi Fishers Ghost |

Elementary 3A

- | | | |
|----|--------------------|---------------------|
| 1. | Charlotte Cox | Harris Park Riordan |
| 2. | Linda Van Rensberg | Stonefox Zara |

Medium 4A

- | | | |
|----|------------------|--------------------|
| 1. | Chrissie Hoffman | Wynston D |
| 2. | Julianne Tetlow | Stonefox Gladiator |

It was a pleasure to present Lyn McGann with the DQ Junior Judge of the Year (Medium and below) which was award at the DQ awards in December along with Mel from EQ.





LOOKING AFTER YOUR HEALTH

Bone Health

As riders bone health is vitally important to us all. Poor bone health (Osteoporosis and Osteopenia) can lead to breaking a bone. This can have a big impact on the individual, their family, and our 4 legged friends. This information is with thanks to the Healthy Bones Australia website.

Osteoporosis is a bone disease that develops when bone mineral density and bone mass decreases, or when the structure and strength of bone changes. This can lead to a decrease in bone strength. **Osteopenia** is the step between healthy bones and osteoporosis.

How common are broken bones related to poor bone health?

- over 183,000 broken bones occur each year from poor bone health
- hip fracture remains the most serious and costly type of fracture. Studies have shown up to half of all hip fracture patients had a prior fracture and many of these were related to undiagnosed osteoporosis.
- breaking a bone is painful and requires recovery time, disrupts normal living, affects your level of independence and mobility
- 30% of all fractures related to poor bone health are in men – 70% are in women!
- sudden and unexplained back pain may be caused by undiagnosed spinal fractures which can be wrongly attributed to other causes

Common Osteoporosis Risk Factors

Family history - Poor bone health can be hereditary. Check if anyone in your family (particularly parents or siblings) has been diagnosed with osteoporosis. This includes parents or siblings who have experienced a broken bone (from a minor fall) or rapidly lost height, which can indicate being at risk of osteoporosis.

Calcium - Bones act like a calcium bank. If there is not enough calcium in your diet, the body will take what is needed from your bones for use in other parts of the body.

Low vitamin D levels: Vitamin D is needed to absorb calcium. Lack of sun exposure can lead to low vitamin D levels.

Medical history

Conditions and medications which can impact bone health:

- Breaking a bone from a minor bump or fall should be investigated
- Low hormone levels – early menopause in women or low testosterone in men
- Coeliac disease, inflammatory bowel disease and other malabsorption disorders
- Diabetes
- Certain breast cancer treatments or prostate cancer
- Anorexia nervosa
- Corticosteroids – commonly used for asthma, rheumatoid arthritis or other inflammatory conditions
- Thyroid conditions – overactive thyroid or parathyroid
- Rheumatoid arthritis
- Chronic liver or kidney disease
- Certain epilepsy, antidepressant or HIV treatment

Lifestyle factors

- Low levels of physical activity
- Smoking
- Excessive alcohol intake

Body build and weight

- A thin body build can increase your risk
- Obesity studies suggest hormone changes associated with obesity can impact bones

Actions to help avoid broken bones

- Undiagnosed osteoporosis places a person at greater risk of breaking a bone. Early investigation of any risk factors will help to diagnose osteoporosis.
- Adults 50 years or over who have broken a bone from a minor bump or fall should be investigated for underlying osteoporosis. This is not yet routine practice in Australia. If a fracture occurs in someone with undiagnosed osteoporosis they are at greater risk of having more fractures. This person should be diagnosed and then closely managed and monitored by their doctor.
- Broken bones can still occur in patients with diagnosed osteoporosis or osteopenia. However ongoing treatment and management with your doctor will greatly reduce this risk.

Adequate Calcium - Adults require 1,000 mg daily (preferably through diet), increasing to 1,300 mg daily for women over 50 and men over 70. See [hba-fact-sheet-calcium.pdf](https://healthybonesaustralia.org.au/hba-fact-sheet-calcium.pdf) (healthybonesaustralia.org.au)

Adequate Vitamin D - see [Vitamin D & Bone Health | Vitamin D Deficiency](https://healthybonesaustralia.org.au/vitamin-d-bone-health) (healthybonesaustralia.org.au). If you are not certain please ask your GP

Exercise and bone health – see [Exercise & Bone Health | Exercise For Bones](https://healthybonesaustralia.org.au/exercise-bone-health) (healthybonesaustralia.org.au)

Exercise plays an important role in maintaining bone health.

Bones benefit when a certain amount of impact or strain is placed on them making specific types of exercise most beneficial.

Exercise goals for bone health change over time from:

- building maximum bone strength in childhood and adolescence
- maintaining muscle and bone strength in adulthood
- reducing bone loss in older age and maintaining muscle strength to support mobility and balance

Weight bearing impact loading exercise is best eg Exercise done on your feet so you bear your own weight which jolts bones rapidly and firmly. Some examples include: jogging, skipping, basketball, netball, tennis, dancing, impact aerobics, stair walking. Resistance training. Ie using hand and ankle weights and gym equipment to train with weights which progress in intensity over time.

Balance Exercises and Falls Prevention: For older Australians balance and mobility exercises can also help to reduce falls which can lead to fractures.

More information is available on the Healthy Bones Australia website (<https://healthybonesaustralia.org.au>). Take steps to protect your bones and speak to your doctor.



We encourage our members to donate towards PRARG's chosen charity. The ribbon day on 3rd March will include more fundraising with \$2 from each rider's entry going towards this, the BBQ proceeds and a raffle. The ribbon day will also include sashes 1st to 3rd Best Dressed Horse/Rider combination in Cancer colours of yellow, pink or teal.

<https://www.doitforcancer.com.au/fundraisers/danniicunnane/prarg-ribbon-day-dressage-fundraiser>

While most people are aware of breast cancer, many are not aware of the importance of a woman's gynaecological health. Of the six gynaecological cancers, only cervical cancer can be detected in its precancerous stage due to screening (pap smears). The aim of the fundraiser is to raise money to study ALL cancers that affect women, so we can raise awareness that it's not just about breasts, we need to be aware and be proactive about our gynaecological health too.



Members Only – Ribbon Day Dressage and Test Evaluation Day – 3/3/2024

VENUE: PRARG grounds, Skerman Park, Cnr. Olson & Teviot Roads, North Maclean

PHONE ENQUIRIES: Emma Flegman – 0418 183 731

ENTRIES: C/- Nominate.com.au – there is provision to use vouchers.

ENTRIES CLOSE: 20/2/2024 at 4pm **NO LATE ENTRIES ACCEPTED**

- \$16.00 per class (dressage)
- \$20 Test Evaluation (20 minutes with an C level judge or higher)
- \$4.50 1st aid Levy.



Awards: Ribbons 1st - 10th (Dressage)

DRESS: Club dress rules changed on 1 August 2021 allowing members to wear black or navy breeches/jodhpurs instead of the current requirement for white, cream or beige. Members can also wear a long sleeve polo shirt in the club colours (i.e. light blue), instead of a PRARG club shirt if they prefer to have long sleeves, or they can wear sun sleeves with their club shirt for sun protection, or otherwise normal EA riding gear. All riders must wear approved headgear. For this special fundraising event however, horse/rider combinations can dress up in **YELLOW**, **PINK** or Teal – these represent all the cancers that women can be affected by.

GENERAL: Run under EA rules (2024), EA tests (2022) and PRARG By Laws concerning ownership of mounts. **Vet/medical certificate must be received within 7 days of the event for refund.** **Dressage** – Horses must compete within their EA grading or compete HC. **Maximum number of tests is 2** and only 2 consecutive levels may be ridden including test evaluations & freestyles. Maximum number of horses per rider is **2**. **Freestyles** – as per current EA amendments.

Dressage Programme:

- | | |
|---------------------|---|
| Class 1 | No Canter (Prep 1) Saddle type optional (not western) Restricted to: <i>The rider's principal source of income must not be obtained from sponsorship, breeding, breaking or training, riding and/or coaching any horse or rider. If so the rider needs to ride HC.</i> |
| Class 2 | No Canter (Prep 2) Saddle type optional (not western) - Open |
| Class 3 | Test 1.1 – Restricted to: <i>The rider's principal source of income must not be obtained from sponsorship, breeding, breaking or training, riding and/or coaching any horse or rider. If so the rider needs to ride HC.</i> |
| Class 4 | Test 1.2 – Restricted to horses <u>not entered in Classes 5 & 6</u> with same restrictions as Class 3. |
| OPEN CLASSES | |
| Class 5 | Test 1.1 |
| Class 7 | Test 2.1 |
| Class 9 | Test 3.1 |
| Class 11 | Test 4.1 |
| Class 13 | Test 5.1 |
| Class 15 | PSG |
| Class 17 | Inter B |
| Class 19 | Grand Prix |
| Class 20 | Freestyle to Music (Preliminary) |
| Class 22 | Freestyle to Music (Elementary) |
| Class 24 | Freestyle to Music (Advanced) |
| Class 27 | Freestyle to Music (Inter A/B) |
| Class 29 | Test Evaluation – Choose a test of your choice – ride test under EA Judge and feedback i.e. you may wish to do a test that you are riding this day i.e. 3.1 |
| Class 6 | Test 1.2 |
| Class 8 | Test 2.2 |
| Class 10 | Test 3.2 |
| Class 12 | Test 4.2 |
| Class 14 | Test 5.2 |
| Class 16 | Inter 1 |
| Class 18 | Inter 11 |
| Class 21 | Freestyle to Music (Novice) |
| Class 23 | Freestyle to Music (Medium) |
| Class 26 | Freestyle to Music (PSG-Inter 1) |
| Class 28 | Freestyle to Music (Grand Prix) |

FUNDRAISER FOR THE CANCER COUNCIL - \$2 FROM EVERY RIDER ENTRY PLUS CANTEEN WILL BE DONATED. Non-riders – gold coin donation for PLUS RAFFLE PRIZES.

Prizes 1st to 3rd for best yellow, pink or teal dressed horse/rider combination.

If you can't attend but wish to donate, please do so via our link –

<https://www.doitforcancer.com.au/fundraisers/danniicunnane/prarg-ribbon-day-dressage-fundraiser>

While most people are aware of breast cancer, many are not aware of the importance of a woman's gynaecological health. Of the six gynaecological cancers, only cervical cancer can be detected in its precancerous stage due to screening (pap smears). The aim of the fundraiser is to raise money to study ALL cancers that affect women, so we can raise awareness that it's not just about breasts, we need to be aware and be proactive about our gynaecological health too.



Dressage Education Workshops

2024 DRESSAGE EDUCATION WORKSHOPS

WORKSHOPS – ALL LEVELS

January

Monday 8 th	ZOOM - Coffee & catch Up For A level judges	Mary Seefried & Maria Schwennesen	Liz coeliz@iinet.net.au
Wednesday 10 th	ZOOM - Coffee & catch Up For B & C level judges	Irene Bakels-Noreen & Connie Bookless	Liz coeliz@iinet.net.au
Monday 15 th	ZOOM - Coffee & catch Up For D level judges	Irene Bakels-Noreen & Mary Seefried	Liz coeliz@iinet.net.au
Wednesday 17 th	ZOOM - Coffee & catch Up For E & F level judges	Maria Schwennesen & Liz Coe	Liz coeliz@iinet.net.au

23 seminar calendar QLD as of 9th January 2024

Monday 22 nd	ZOOM - Coffee & catch Up For G & Candidate level judges	Liz Coe & Kay Paulson	Liz coeliz@iinet.net.au
Saturday 20 th	Toowoomba 2024Rules update Course errors/penalties Roles& Protocol for judges	Sandi Gillott	Sandi sandigillott@hotmail.com https://www.trybooking.com/CNUHY

February

TBC	Face to Face ?Burpengary	Karen Herald	Karen herald_ads@hotmail.net.au ???
Tuesday 6 th	ZOOM	Liz Coe	Liz coeliz@iinet.net.au https://www.trybooking.com/COKLO
TBC	ZOOM	Karen Herald	Karen herald_ads@hotmail.net.au ???

March

Saturday 2 nd	Toowoomba 2024Rules update Course errors/penalties Roles& Protocol for judges	Sandi Gillott	Sandi sandigillott@hotmail.com https://www.trybooking.com/CNUID
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Months TBC

TBC	ZOOM – Flying Changes	Connie Bookless & Jobina Kennedy	?? ???
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May

Wednesday 15 th	ZOOM – Training Scale unpacked	Liz Coe	Liz coeliz@iinet.net.au https://www.trybooking.com/COIDA
TBC	ZOOM – What If Scenarios	Anita Barton	Liz coeliz@iinet.net.au https://www.trybooking.com/COLLW



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A new era of equestrian reportage with a focus on women in equestrian sport & business. Being a less results-focused equestrian magazine means we devote more time savouring the everyday pleasures, enjoying in the equestrian lifestyle & indulging our equine passion.

WHO ARE WE?

A small crew of women with a penchant for beautiful horses, simple pleasures & fancy cocktails.

OUR VISION

To create the most beautiful, elegant & authentic horse magazine.
To share our stories, support, inspire & connect with other equestrienne's.
To prove #womensupportingwomen is more than just a hashtag.

WHO IS THE MAGAZINE FOR?

Lovers of photography, travel, adventure, art, equestrian sport, the little luxuries in life and of course, horses.

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*Important Rules
to Follow*

IMPORTANT RULES TO FOLLOW AT PRARG GROUNDS

The expectation from our Management Committee, Insurance Provider, Logan Council and Equestrian Australia is to ensure that only financial members of PRARG and registered competitors are permitted to ride on the grounds. To maintain our excellent reputation as a compliant and diligent club this warning reminder is stated:

***Do not allow your friends or other persons to ride your horse while on the grounds.
A coach may but must have either EA insurance or their own a certificate of currency.***

There are no exceptions from this ruling and a serious penalty process will apply to anyone who jeopardises the rule. The rules we apply are to protect, one and all, so we expect that you will understand and respect this warning.

GROUNDS: Anna Flohr - 0407 622 666

INSURANCE

As a rider at PRARG, unless you are a **FINANCIAL** member of **Equestrian Australia (via EQ)**, you are **NOT** covered for personal injury should you have a fall at the grounds. You are covered **24/7** for personal injury as an EA member when you ride. This benefit alone should be reason enough to join, either as a supporter, recreational, participant or competitor. Details on how to join can be found here www.qld.equestrian.org.au/membership-categories

DOGS ON THE GROUNDS

As per the club handbook: Dogs on grounds: Dogs are not allowed on the grounds at any time whilst horses are present. Having dogs on the grounds is a risk to the safety of riders and horses. Your assistance in complying is sought – see By Law No 14. This is different when at the Saddlery Market as under LCC lease, the day is a fundraiser and dogs are allowed on a leash. If members have an exemption for their dog i.e. assistance dog please email this paperwork to: prarginc81@bigpond.com.

REDEEMING VOUCHERS

As members know vouchers are handed out to those who work and in return you use them towards entries to events/functions/merchandise etc. However many members are not submitting their vouchers in for event entries. Ideally please attach to your HHD or at a minimum give us the voucher number. We have a limited ability within the Nominate entry to record the above. These vouchers are paper money and the treasurer needs to keep track of them. To all the members who have lots of vouchers to use—thank you as you a great volunteer.

KEEPING THE ARENAS CLEAN

Members, if your horse does a manure in the arena, please clean up as it leaves a mess for the next person riding and for when members are harrowing the arenas for competitions. Over the years we have had rakes but they have gone walking. Normally you carry a shovel/rake in your float. A rake will be provided by the club again and will be positioned in the undercover area.