

Dunedin Group RDA Newsletter

April 2011

★ **Welcome to the 7th edition of our newsletter!** ★

Feel free to pass it on to family and friends, and if you have any suggestions for content or feedback please contact Sarah esdee_23@yahoo.com

**Visit the RDA Website and have a look -
<http://www.dunedinrda.co.nz/>**

1.5 million horse rides are given to **3,000 riders** per year, by **500 horses** and **1,500 volunteers** across all the RDA Groups.

HELP NEEDED!!

Sue and I need some help with putting together the Dunedin RDA Newsletter. We need suggestions for content/articles, help interviewing volunteers etc. If you can spare a bit of time please let us know, as we are keen for the newsletter to continue.

MEET A VOLUNTEER:

Name: Sandra Steiner

How long have you been at RDA?
Since early 2010

What day/s do you volunteer?
All day Monday and Thursday, and Saturday afternoons

How did you get involved? I wanted to get back involved with horses, and have been surprised by how much I enjoy being around the kids too.

Something we don't know about you?
I've lived in many places in NZ from Dunedin to Keri Keri. I hope to get my own horse and land again one day (soon)!



Sandra with Billy

News



- Toilet Block:

We are in the process of getting quotes for the building of a disabled toilet block at our grounds, as at present we only have a portaloo which does not have disabled access! Building the toilet block is likely to be a huge expense for us; Maree has been very busy fundraising for this important project. Any donations are very much appreciated!

Stop Press.....

A HUGE THANK YOU to **Motor Trade Finance** for their donation of \$1000 towards our toilet block. We would like to thank them for their ongoing support of Dunedin Riding for Disabled.

- Garden:

As you will have noticed, we now have an entrance garden on the right as you enter our grounds. A huge thank-you to Louise from next door for all her hard work in creating this! As we still have funds left to put towards this, we are hoping to extend the garden further towards the Jenny Craig paddock in the future.

- National RDA AGM and Training Seminar:

This conference is held every two years and is a great opportunity to meet people from other RDA's around NZ. It is going to be held at the Napier RDA in May and Lyn and Vanya will be attending.

- Recent Training:

RDA Medical Conditions Course:

On Saturday the 5th of March Glennys and Sarah attended a RDA Training Course at Invercargill RDA on Medical Conditions.

This course was invaluable and taught us more about different medical conditions that our riders may have, things to be careful of and how to better understand those all-important "Medical Consent" forms that our riders must have.

Some Important Points were:

- * The horse has three planes of movement; forward-backward, rotational and side-to-side.
- * Walking the horse backwards increases the movement in the rider's pelvis.
- * How to use bean bags to help the rider's posture.

- * How to do simple coordination tests to determine the best equipment to use for each rider.
- * Precautions/contraindications for different medical conditions.

We will be holding a training day in due course to impart some of our new knowledge to volunteers, so we can all better support our riders and give them the most benefit possible from RDA. - Sarah

What is Equine Touch?

Sarah gives a brief explanation:



Some of you may be aware that I (Sarah) am an Equine Touch Practitioner and I do Equine Touch on the RDA horses. Here is a short description of what it is:

“Roger” (ex RDA) sleepy after an Equine Touch session.

Equine Touch is a gentle form of bodywork which works on the muscles and soft tissue. It is a series of vibrational moves performed on the horse at specific points, helping to relax tight muscles, release toxins from the body and improve circulation.

Equine Touch addresses the horse holistically by initially working over the horse's whole body and not concentrating on any particular area. Areas of Concern are then addressed and help to return the horse's body to homeostasis and equilibrium.

During a body balancing session, most horses become quite relaxed and sleepy, and show signs of processing and muscle/toxin release such as yawning, licking and chewing, shaking or snorting.

For further information please see:

www.esdee-equine.co.nz

www.theequinetouch.com



After a lot of thought, the Committee has decided that our horse Billy is sadly for sale, as we have decided that he is just not consistent enough for us to be able to use him all the time. We are looking for a permanent adult home for him. We have an ad on Equine Trader www.equinetrader.co.nz

We are looking for a replacement horse around 15hh and under 15 years. Must be a solid build and quiet and reliable to handle and ride in all aspects. Please contact Maree if you know of anything suitable.



Raffle:

We are selling Raffle Tickets for \$2 each as a Fundraiser for our Group. Great prizes!! Raffle cards available at RDA each with 10 tickets, so pick one up and offer them to your family and friends! Any help in selling tickets much appreciated.

- 1st: BRAND NEW Adults Drizabone Jacket
- 2nd: BRAND NEW Kids Oilskin Vest
- 3rd: Gift basket



IMPORTANT DATES TO NOTE:

Please remember to keep checking our **Bulletin Board** on our website (www.dunedinrda.co.nz) for **Important Dates and Notices** for our Group, including start and end dates for each season, and days when riding may not be on.

This term we have no RDA over the school Easter holidays, we start back when school returns and will run until the end of May when we stop for the winter.

☺ HAVE A SAFE APRIL ☺

Important Phone Numbers

Maree (Vice President) (03) 4811 343 or 027 494 9878 ,
Lyn (Horse Manager) 021 110 9644 Sarah 027 4245 160.
Denise (Volunteer Coordinator) 0211822 966. Vanya 0272248276
Saturday Cancellation Line 474 8425 www.dunedinrda.co.nz