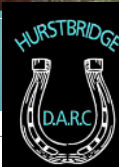




Hurstbridge DARC Newsletter

MAY 2017



Club Calendar

Midweek rallies run every Wednesday.

- 3 Jun - Saturday Rally
- 4 Jun - Pony Club Rally
- 17 Jun - Saturday Rally
- 1 Jul - Saturday Rally
- 2 Jul - Pony Club Rally

Contacts

President, Memberships & Keys:

Melissa Dawson
E: melissa@ech.com.au
M: 0439 080 861

Secretary, Memberships & Keys:

Sharlene Wright
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Treasurer, Membership & Keys:

Jakki Barton
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Uniforms:

Sarah Walsh
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Newsletters:

Maxine Wileman
E: kerinapark@bigpond.com

RALLY COORDINATORS

Wednesday:

Melissa Dawson
E: melissa@ech.com.au

Saturday:

Lisa Utting
E: lisaathome@gmail.com

News In Brief

Working Bee

A huge thank you to all our members who attended the working bee last Saturday. It was great to see members from both pony club and adult riders working together to achieve all that you did (kids did a great job too). Special mention and thanks to:

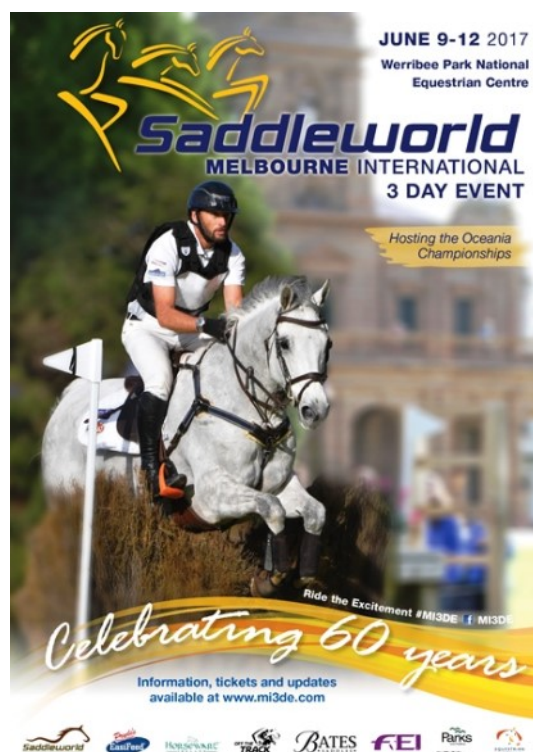
- Neil Brereton for bringing his machines down to make the work so much easier and for also coming back on the Sunday and doing more work. We simply couldn't have done these jobs without you.
- Brendan Cullen for your work on the clubhouse, Our spouting and downpipes should be working much more efficiently now.
- Lloyd Walker for repairing our broken wire fences
- The husbands/partners of ARC members who came along and rocked those chainsaws.

So much was achieved and our grounds look fantastic.

Harrow Roster

- 29 May Donna Leggett
- 5 June Bianca Lagalia
- 12 June Tessa Kyriakdis
- 19 June Trish Kruse
- 26 June Tienielle Klapp

For those that have not harrowed before, you do not need a 4WD. The harrows are beside the arena and you do not need to move the jumps.





Presidents Report

Hello Members,

I am writing my report on a Saturday night and I have to say that my legs are freezing. I have to put a blanket around them as I type. It has turned so cold, I think those lovely autumn days we enjoyed so much only a few weeks ago, have gone by the wayside for this year. We are definitely heading into winter. I am hoping that our Wednesday rallies continue to be well attended despite the cold weather. You know it really doesn't rain too many Wednesdays! I have thought about this over the years of coordinating Wednesday rally, and it always amazes me, that most Wednesdays are rain free. They may be cold, but once you are saddled and riding, it is worth the effort.

Jenny Sheppard Lessons

I would like to say thank you very much to Sarah Walsh for all that you have done over the past years in coordinating Jenny Sheppard's lessons. It is a big job organising people on a regular basis and I know that our members and also people outside of the club, who regularly attend Jenny's lessons are very thankful to you for your commitment and efforts.

On that note I would like to say thank you also to Hayley Harrington who has taken over the reins from Sarah, the club is grateful to you for taking on this role. If you would like to book a lesson with Jenny, please either email Hayley - hayley.c.harrington@gmail.com or contact her on her mobile 0402 221 466.

Wednesday Rally Duty

Just a reminder of rally duty tasks below. If there is a 12.00pm lesson and the rostered duty person needs to leave before the 12.00 pm lesson ends, (usually I will have organised for someone in the last group to lock the club house), can the duty person please ensure that the below tasks are completed prior to them

leaving. The closing person should only be required to lock the back door. Many thanks for all your help with rally duty.

Start of the day

Please bring 2 litres of milk and morning tea.

Fill and turn on urn and get coffee/tea/sugar/cups out.

Take mounting block out and place near arena.

Take wheelbarrow and arena rake out and place near arena for picking up manure.

During the day:

Offer a cuppa and morning tea to instructors or water if required

End of the day:

Wash and dry dishes and wipe benches.

Sweep floors.

Empty the kitchen bin into the wheelie bin and replace the liner.

Ensure toilets are clean and tidy (wipe basins and clean toilets if required).

Ensure the urn and lights are switched off.

Bring mounting block and wheelbarrow/rake back in to club house (check that no manure is left on arena).

Put shutters down and lock the back door when you leave.

Ensure the gate to the grounds is locked if you are the last to leave.

PLEASE LEAVE FRIDGE ON.

Congratulations

Congratulations to all of our Hursty members who competed at Whittlesea Dressage Day on Sunday, 6th May. You did us proud!

Keep riding and stay warm :)

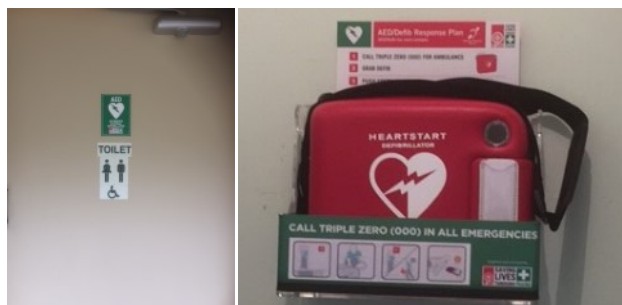
Mel Dawson

Defibrillator Training

We had 13 members attend the defibrillator training session conducted by St John Ambulance on Thursday, 20th April. Kim - the instructor from St. John Ambulance delivered a very informative talk.

The Phillips HeartStart FRx Defibrillator is an automated external defibrillator. It is designed for simple and reliable operation by minimally trained users. Follow the voice instructions for each step in using the defibrillator.

The defibrillator has been mounted to the wall in the toilet that is accessed externally to the clubhouse. There is a sign on the toilet door indicating that a defibrillator is inside.



All club members should familiarise themselves with the location and use of the defibrillator. There is a quick reference guide with the unit which you can read - but please do not remove the guide from the toilet room.



Emergency Response Plan

D

DANGER

Check for danger – ensure scene is safe

R

RESPONSE

Check for response – ask name, squeeze shoulders

No response

S

SEND

Send for help – Call Triple Zero (000) for an ambulance, or ask a bystander to make the call

A

AIRWAY

Open mouth – look for foreign material

No foreign material

Leave on back – tilt head to open airway

B

BREATHING

Check for breathing – look, listen, feel

Not breathing normally

Ensure an ambulance has been called on Triple Zero (000)

C

CPR

Start CPR – 30 compressions : 2 breaths
If unwilling or unable to perform breaths, perform chest compressions only (100/min)

D

DEFIBRILLATION

Apply defibrillator (AED) as soon as available
Follow the voice prompts

Responsive

Make comfortable
Look for signs and symptoms
Manage cause
Call Triple Zero (000) if deemed necessary

Foreign material

Place in recovery position
Open mouth and clear away foreign material
Tilt head to open airway


Breathing normally

Place in recovery position
Ensure ambulance has been called
Monitor breathing and response

Continue CPR until:

- The casualty shows responsiveness and normal breathing
- Medical aid arrives
- You are physically unable to continue





Wednesday Rallies

	9:00 am	10:00am	11:00am	12:00pm
WEDNESDAY 24TH MAY 2017		Duty: TBA		
Viv Axton		Flatwork L 3/2	Flatwork L 5/4	
WEDNESDAY 31ST MAY 2017		Duty: TBA		
Kirsten Beard-Adams		Flatwork L 3/2	Flatwork L 5/4	
Jenny Sheppard		Showjumping L 3/2	Showjumping L 5/4	
WEDNESDAY 7TH JUNE 2017		Duty: TBA		
Tanya van Bokhoven		Flatwork L 3/2	Flatwork L 5/4	
WEDNESDAY 14TH JUNE 2017		Duty: TBA		
Dale Murie		Flatwork L 3/2	Flatwork L 5/4	
Robbie Allen		Showjumping L 3/2	Showjumping L 5/4	
WEDNESDAY 21ST JUNE 2017		Duty: TBA		
Tanya van Bokhoven		Flatwork L 3/2	Flatwork L 5/4	
WEDNESDAY 28TH JUNE 2017		Duty: TBA		
Viv Axton		Flatwork L 3/2	Flatwork L 5/4	
Jenny Sheppard		Showjumping L 3/2	Showjumping L 5/4	

Rally Information

Each lesson is \$25 and payments can be made either online before the rally or cash on the day.

Online Payments

Account name: Hurstbridge & District Adult Riding

BSB: 633000 Account number: 112585229

Please have the reference as your surname then first initial and date, eg. "Smith T 15/2"

Payments must be made before the rally and you need to tick your name off the rally sheet on the day to say you have paid online.

Cash on the day

We will still offer cash payments on the day of the rally as per usual, however please observe the following rules:

- pay for your rally before you ride
- remember to bring the correct amount (i.e. \$25) and do not expect to get change
- put your payment along with a completed payment slip in **one** envelope per rider

Bookings: Email melissa@ech.com.au and include your level and preference. Cancellations must be made by Sunday 8.00pm prior to the Wednesday rally or you are obligated to pay for your lesson. For booking enquiries &/or cancellations, call Melissa - 0439 080 861.

Duty Roster: Duty requires setting up, packing up, providing morning tea and looking after instructors. Members rostered on should make contact to agree how to share the duties. If you are unable to do your rostered duty, please arrange a swap with another member and notify Melissa of changes.

Wednesday Rally Coordinator: Melissa Dawson E: melissa@ech.com.au P:0439 080 861



Saturday Rallies

Saturday rally information will be emailed out when available

Rally Information

Each lesson is \$25 and payments can be made either online before the rally or cash on the day.

Online Payments

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- put your payment along with a completed payment slip in one envelope per rider

Bookings: Email lisaathome@gmail.com and include your level and preference. Cancellations must be made by Wednesday 8.00pm prior to the Saturday rally or you are obligated to pay for your lesson. For booking enquiries &/or cancellations, call Lisa on 0411 027 656.

Saturday Rally Coordinator: Lisa Utting E: lisaathome@gmail.com P:0411 027 656