



# PEGASUS

# HoofPrint

Riding for the Disabled of ACT(Inc.)

Term 3 Sept 2007

As I write, I am looking out the office window at an empty arena and stable block. There is a bunch of very healthy horses standing around in the paddocks, but unfortunately due to precautions we must take to minimise the spread of equine flu, those horses are not currently able to work. Whilst there are no restrictions on us using our horses on Pegasus land, the risk of one of our volunteers inadvertently bringing the flu to Pegasus is too great, so we have temporarily had to cancel the great majority of our classes. "How long will this go on for?" I hear you ask.....a very good question. Unfortunately we don't have the answer, as the latest advice still gives no indication as to when the precautionary measures will ease. We had hoped that we would be out of action for only a few weeks, but with new flu cases still being reported in NSW, the ACT Government is unlikely to change their position for quite a while yet. We had been very confident that we would be up and running for term 4, but now we are not quite so hopeful.

We do ask for your patience during this unusual glitch and hope you understand that we are just as frustrated as you, at having to cancel classes.

To all our wonderful volunteers, please keep your Pegasus sessions pencilled in your diary! Don't forsake us for some other needy cause, because as soon as we are able to get operational again we will need you all back ASAP to get our riders back into the saddle.

This shortened edition of HoofPrint does contain some good news though. I am delighted to announce that Pegasus has just been announced as the State Winner for the small to medium organisation category of the National Australia Bank's prestigious Volunteer Awards. This is fantastic recognition of the amazing work that our team of dedicated volunteers undertake. About one hundred volunteers a week giving 2 – 3 hours of their time equates to about 10,000 volunteer hours a year to keep our programs operating. The volunteer management systems that we have developed and refined over the years were scrutinised in the Award process and our success is fantastic validation that we are at the cutting edge of volunteer management. A big thankyou goes to Deborah Perry, our Volunteer Manager, who put our application together, and to all our volunteers whose work contributed to the award (and the \$10,000 in prize money!). We are now in the running for the national award that will be decided at a ceremony in Melbourne on 12 October. Keep your fingers crossed and your eyes peeled for news of the winner!

*Becky Layton, Executive Officer*

## Dates for your diary

- **Term 4:** 15 Oct - 8 Dec (horse flu dependant)
- **Class Christmas Parties and Family Days:** During normal class time in the week of 3 Dec - 8 Dec
- **Free volunteer training on Horse Behaviour:** Thurs 1 Nov 7 – 8.30 pm. Please RSVP.
- **Hippotherapy and Horse Handlers Courses:** 9 – 11 Nov.
- **Pegasus Dressage Day:** 18 Nov
- **Pegasus Christmas Party and Volunteer Awards:** 8 Dec at 6pm



**state winner**  
**small to medium category**



## Effects of the equine flu

As the equine flu story broke, many journalists were looking for real life examples of the effect that it was having in our local community. Pegasus was a perfect story with impacts on several levels:

- Our service delivery was affected as we had to cancel our regular and school holiday classes for fear of volunteers inadvertently infecting our horses.
- A fundraising dressage competition was cancelled that was scheduled for the day after the breakout. This caused chaos as we hurriedly notified competitors, volunteers and judges of the cancellation.
- Our annual Games Day had to be cancelled, so many of our riders missed out on this fun and challenging competition and the chance to show off their skills.
- Our staff who have horses of their own have to undergo strict precautions to ensure they don't infect our horses when they come to work.
- Our horses' care was at risk as many were due for shoeing but we could not have a farrier on the property for fear of contamination.
- Our main fundraiser for the year "Pass the Hat Around for Pegasus" was cancelled due to the uncertainty over the Melbourne Cup and local celebrations.
- External equestrian groups who had hired our facilities had to be cancelled due to the movement restrictions.
- Our funding agencies had to be notified of the impact on our services, as much of our funding is tied to service delivery. Without riders in saddles, we wanted to be sure that our funding would remain in place as unfortunately the costs associated with running Pegasus haven't gone away.

### How can you help?

- Be patient whilst we wait out the movement restrictions and explain to your child why they cannot currently ride.
- If you are a volunteer, keep your Pegasus commitment in your diary so that when we do get up and running you will be able to start back immediately.
- Consider making a tax-deductible donation to Pegasus, as we have lost significant income as a result of the outbreak.

## All I need to know in life I learned from my horse...

- When in doubt, run far, far away.
- You can never get too many treats.
- Passing gas in public is nothing to be ashamed of.
- New shoes are an absolute necessity every six weeks.
- Ignore cues. They're just a prompt to do more work.
- Everyone loves a good wet slobbery kiss.
- Never run when you can jog. Never jog when you can walk and never walk when you can stand still.
- Heaven is eating for at least 10 hours a day.. and then sleeping the rest.
- Eat plenty of roughage.
- Great legs and a nice rear will get you anywhere. Big brown eyes can help too.
- When you want your way, stomp hard on the nearest foot.
- In times of crisis, take a poop.
- Act dumb when faced with a task you don't want to do.
- Follow the herd. That way you can't be singled out or take the blame.
- A swift kick in the butt will get anyone's attention.
- Love those who love you back, especially if they have something good to eat.

*Reprinted from RDA NSW newsletter*

## And you thought we were just about horses!

Pegasus stable hand, Mel Manning, recently adopted a day old orphaned goat. 'Jodie' had to come to work as she needed four hourly feeding but the kids didn't mind as they just loved meeting Jodie!



*Meeting Jodie the orphaned goat*

## No more jam jars please!

Many of you are familiar with the yummy jams and preserves sold at Pegasus which are made by Lil, one of our long term volunteers. In fact, many of you supply the jars that she uses to bottle her treats.

We currently have quite a stockpile of jars and have to carefully edge our way around them when we enter the storeroom, so thanks for your great generosity, but **no more jam jars please!**

We would also like to send out our best wishes to Lil as she recovers from a period of illness. Get well soon Lil.

## A job for everyone

Pegasus is becoming very good at mobilising our volunteers and tapping into their many skills. This month a big gold star goes to Sheila King, one of our trainee coaches, who recently multi-tasked to become a window cleaner. When Becky read the quote from a commercial cleaner, she decided that some of our volunteers might be happy to clean a window or two instead. But not many got the chance! Sheila brought in her trusty cleaning cloth and got the lot done in one day! Well done and thanks very much Sheila. The view from the common room is much improved.

If you ever arrive early for a lesson or are waiting to pick up a child, here's a list of quick jobs that you might be willing to do. Remember, the more jobs that volunteers do, the more time our staff will have to focus on the big things that keep our programs operating.

Why not:

1. Tidy up the toy area
2. Empty the dishwasher
3. Wipe down the kitchen benches
4. Tidy up the boots and helmets
5. Ask Mel or one of the coaches to teach you how to clean a saddle or bridle
6. Sweep the path in front of the stables
7. Check with staff if any yards need cleaning
8. Offer to chip out some weeds in a paddock
9. Check if there is any manure in the arena that needs to be picked up
10. Offer to make someone a cup of tea and have a chat while the kettle boils to you get to know them better!

## Free training on offer

### Horse Handling Course

Pegasus is hosting a Hippotherapy Horse Handlers workshop on 9 – 11 November, where participants will become qualified to lead horses during a hippotherapy session. Experienced horse leaders at Pegasus are encouraged to attend the workshop (at no cost – due to a grant from the Department of Education). If you are interested in finding out more about hippotherapy or the workshop please give us a call and we'd be happy to answer your questions. **All participants need to register for the workshop**, so please call us so we can get a registration form to you.

### A user's guide to horse behaviour

Local equine therapist, Di Jenkins, has agreed to conduct an information session on horse behaviour for Pegasus volunteers. Have you ever wondered why your pony insists on looking out the arena door every time it walks past, or why it swishes its tail when the coach checks its girth, or whether having one ear back and the other forward means that it might be having a bad day? If so, then this session is for you!

In fact, the session will be suitable for any Pegasus volunteers as Di will explain why horses behave the way that they do and how our behaviour influences them.

**When:** Thurs 1 November, 7.00 – 8.30pm

**Where:** Pegasus Common Room

**RSVP:** 6254 9190



*Captain and Safari – just what are they trying to say?*

## New policy for school access being developed

As you may know, Pegasus has a lengthy waiting list for our services. We have a very long list of individuals wanting to access our programs, but also several schools wanting access as well. Traditionally Pegasus has serviced a small group of mainly inner city schools over our 30 year history, but we are now concerned that students in outer areas are not able to access our programs. As much as we would love to, we simply cannot miraculously expand our resources far enough to offer additional places for school groups, so instead we have developed a draft policy for School Access to Pegasus Services. This policy outlines an intended rotational system where after several years of access, a school will “retire” from our programs to make room for a new school to gain access. “Retiring” schools can choose to rejoin the waiting list from which they can be rotated back on to our programs when a place becomes vacant through the rotational system.

We are now seeking feedback from schools and parents on this draft policy to ensure that it is fair and equitable and meets the needs of our stakeholders (within the limitations of our current capacity for service delivery).

If you would like to comment on the policy, please call the office on 6254 9190 or email [enquiries@pegasusact.com.au](mailto:enquiries@pegasusact.com.au) so we can get a copy to you. Feedback needs to be returned to Pegasus by 22 October.

## Thankyous

Pegasus relies on the support and donations from a range of people in our community. We would like to acknowledge the assistance from the following supporters since our last newsletter....

- Mark Patterson of Patterson’s Rural Contracting
- Jack Laing of Bungendore Vet Hospital
- The Canberra Vet Hospital
- Ian Nielson and Associates
- Saddleworld
- Horseland
- Deloittes
- Laurie Walker
- Janet Schmidt
- David and Caroline Nott
- Canberra Ex-Service Women’s Association
- Julie and John Davies
- Cranleigh School

## Pegasus in Action....



## Vaulting at Pegasus

Vaulting involves the rider performing gymnastic movements whilst the horse is being lunged.

Lunging is when the horse moves around a 20m circle on a long lead line held by the person lunging the horse (the lunger) who is positioned at the middle of the circle. During vaulting, the lunger is responsible for controlling the horse’s speed and movement, so the rider can focus on their gymnastic movements.

At Pegasus vaulting is used to add variety to a riders program and to help build confidence and physical fitness. Unfortunately we do not currently have a dedicated vaulting horse, so our vaulting program is somewhat limited.

*Left: Pegasus rider, Rebekah Pilbrow, during a vaulting lesson on Spinner.*