



PEGASUS

HoofPrint

Riding for the Disabled of ACT(Inc.)

Term 1 #1 Feb 2007

Welcome to the first edition of HoofPrint for 2007 and welcome to all our new riders and volunteers. We also have some new staff on board this year (whom you will read more about later), so a big welcome to them too!

Our lessons are about to get underway in the next few weeks as riders return their registration forms, but we are keeping ourselves very busy with a series of volunteer orientation and training sessions. All our volunteers must undergo both 'theory' and practical training before we let them loose with our horses and riders. Our new Volunteer Manager will be sitting in on all these sessions to learn alongside our new volunteers, so if you have any feedback on the training - good or bad - please make sure you speak with Deborah so that she can take your comments into consideration as we develop our volunteer program over the next twelve months.

We have several events planned for this year. Please take a close look at the "Dates for your Diary" below and pop them straight into your own diary now so you don't miss out on any of the fun and games at Pegasus.

We hope you all have a fun, safe and enjoyable year at Pegasus. If you have any concerns or feedback, please feel free to contact us.

Becky Layton, Executive Officer

2006 Volunteer Awards and Christmas Party a BIG success



Santa and friends

The '06 party has officially been pronounced the 'best ever'!

The band was a big hit (three cheers for the Cyclone Rangers!), Santa was a bigger hit (especially his lollies) and the face painting just never stopped. The kids had a ball, the barbie never stopped and there was lots of chatting and laughter as people sat around under the pine trees.

Congratulations to our winners of the Volunteer Awards and to San our horse of the year in 2006.

Dates for your diary

- **Term 1:** 24 Feb - 14 Apr
- **Term 2:** 30 Apr - 7 Jul
- **Term 3:** 6 Aug - 29 Sept
- **Term 4:** 15 Oct - 8 Dec
- **Obstacle-a-thon:** During normal class times in the week of 28 May - 2 June
- **Family Days:** During normal class time in the weeks of 2 July - 7 July and 3 Dec - 8 Dec
- **Pegasus Games Day:** 16 Sept
- **Pegasus Dressage Day:** 18 Nov
- **Pegasus Christmas Party and Volunteer Awards:** 8 Dec at 6pm

Did you know.....

- Pegasus offers riding lessons to over 90 riders with a disability each week. In addition to this we also have about 15 able bodied riders who have weekly after school lessons and about 25 riders who participate in our school holiday programs.
- We rely on over 100 volunteers per week to offer our programs. The majority of these volunteers assist riders during their lessons or help to care for our horses.
- **Volunteers MUST be between the ages of 14 and 80 for insurance reasons.**
- About half of our funding comes from the ACT Government - this almost covers our salary bill. The balance of our funds come from one-off grants, donations and fundraising. Tax-deductible donations are always welcomed.



New staff aboard in 2007

Pegasus has recently appointed two new staff to our team. Melissa Manning has joined us as our part time stable hand and Deborah Perry is our part time Volunteer Manager.

Melissa has a strong equestrian background with 12 horses of her own to care for on her property near Burra. She has ridden in the Pony Club ranks as a junior, but now is involved in endurance riding.

Melissa will be responsible for caring for our horses and assisting our coaches with their training. She will work on Tues to Friday mornings, so please make sure you say hello to her when you are in the stables.

Deborah also brings a wealth of experience to her new role. She has qualifications in community development, runs her own business as a life coach and also provides individualised support to women with children with disabilities. She has strong people skills and a keen desire to learn. Whilst with us over the next year, she is particularly keen to learn more about horses and the benefits that they provide to those who work with them.



The Pegasus staff.

L to R - Deborah, Deb, Kris, Fran, Melissa, Jo and Becky.

School Holiday Program is loads of fun

Hi! I'm Amy and I am part of the Happy Holiday Helper Herd. We turn up at "Pegs" every holidays to help with the school holiday riding program.

Although some of the work is quite mundane, for example, picking up seemingly endless poo and cleaning seemingly endless tack, the staff put a lot of effort into making helping in the holidays lots of fun!

On the first Tuesday, Kris gave us a training session to brush up on our skills (we needed it!). On Thursday, after the lessons had finished, we took part in "The Helper Games". Deb and Kris organised a mad afternoon with lots of loud, messy games - doughnut eating race, apple bobbing, three legged race and

some game that involved sponges, water and lots of running and screaming!! Both Kris and Deb had to join one team each so it was a good opportunity to exact some revenge for all the poo, tack etc!

On the following Tuesday, eight of us went to the Canberra Equine Hospital in Lyneham to take part in an Equine First Aid Course. Richard, the vet, was very interesting and we all leaned heaps (although we did feel rather sorry for the poor horse that we all practiced taking temperatures on!).

Probably the highlight of the holidays for us was the sleepover on Thursday night (not sure Deb and Kris would agree though!). After playing murder in the dark in the back paddock (it was REALLY dark), we all bunked down in the common room to watch DVDs and eat pizza. It was fun waking up at "Pegs" in the morning too (well sort of!).

On behalf of all the Happy Holiday Helper Herd; Amy, Ashley, Emily, Marissa, Miriam, Christobel, Raechel and Jess, I would like to thank Jo, Becky and especially Deb and Kris for making our 'holiday helping' lots of fun.

And to everybody out there who wants to make great horsey friends, work hard and have a lot of fun in the holidays, think about joining the 'Happy Holiday Herd'.

Amy Butt, aged 14.

Calling all Coaches

We will be commencing training of some new coaches in the coming weeks. Volunteers or other individuals who are interested in training to become a coach or a coach's assistant are invited to speak to our Program Manager, Jo Skimin, about the training.

The Orientation to Coaching Course qualifies people to assist coaches during lessons. It is the entry point for coach training within Riding for the Disabled.

Content of this course includes:

- RDA Organisation
- Risk Management
- Medical Conditions in RDA
- The Role of the Coach as a Team Member
- Teaching Riding Skills
- Mounting and Dismounting
- Basic Horsemanship.

The training is delivered through both theory and practical components. Candidates must work their way through a workbook, participate in some face-to-face training and also work alongside a coach during lessons. For appropriate candidates, there are opportunities to have your prior learning recognised to speed your way through the course.