



# PEGASUS

# HoofPrint

Riding for the Disabled of ACT(Inc.)

Term 1 #2 April 2007



*Rob Oakley with  
Peaceful Warrior*

What a term it has been! Getting to know our new riders, settling in our new staff, training new volunteers, trialling new horses, caring for several injured horses and running a fantastic Coaches Workshop – and all this in just 6 weeks! This edition of *HoofPrint* includes some great photos of Pegasus in action; an update on our Herd Happenings; a report on the Coaches Workshop; 'Life at Pegasus' from a volunteer's perspective; and an update on our fundraising activities. Make sure you also check out our Dates for Your Diary section below so you don't miss out on our upcoming activities in Term 2.

Finally, I would like to congratulate Pegasus rider Rob Oakley, on his outstanding performance at the recent Para-equestrian training camp and selection trials for the World Equestrian Games. Whilst we don't yet know the selection decision at the time of going to print, we are very proud of Rob's achievements to date. He competed on his newly imported horse, Peaceful Warrior (whose stable name is Coco), and did an outstanding job, especially since Coco only arrived in the country 2 months ago. Rob has also recently been announced as an ACT Academy of Sport scholarship holder – the first equestrian scholarship ever announced by the Academy. Rob will continue to develop his relationship with Coco over the coming months and will be competing on him at the Pegasus Open Dressage Day on Sunday 22 April. Why not come along to cheer him on and learn more about the sport of dressage? We are also still looking for several volunteers to help us run this competition, so please contact our Volunteer Manager, Deborah, if you have some time available.

*Becky Layton, Executive Officer*

## Goodbye and Good Luck to Kris!



We have a very sad farewell to make in this edition. One of our coaches, Kris Ingram, has decided to make a career change and take up a position with the Department of Finance. Kris has worked with us for about eight years and has made a huge contribution to both the lives of many riders and volunteers, but also to the development of the organisation as a whole. We wish Kris all the best in her new adventure and hope she survives life in a real office after working at the best 'office' in town!

## Dates for your diary

- **Term 2:** 30 Apr - 7 Jul
- **Term 3:** 6 Aug - 29 Sept
- **Term 4:** 15 Oct - 8 Dec
- **Pegasus Open Dressage Competition** (spectators welcome): Sunday 22 April
- **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

## New Email Addresses

We have recently upgraded our computers and now have several email accounts. Please note down the following email contact details:

General enquiries – [enquiries@pegasusact.com.au](mailto:enquiries@pegasusact.com.au)

Coaching (Jo, Deb and Kris) –

[coaching@pegasusact.com.au](mailto:coaching@pegasusact.com.au)

Volunteers (Deborah) –

[volunteers@pegasusact.com.au](mailto:volunteers@pegasusact.com.au)

Admin (Fran) – [admin@pegasusact.com.au](mailto:admin@pegasusact.com.au)

Management (Becky) – [eo@pegasusact.com.au](mailto:eo@pegasusact.com.au)

Our phone and fax numbers remain the same.



119 Drake Brockman Drive, HOLT, ACT 2615

ph/fax: 6254 9190 Email: [enquiries@pegasusact.com.au](mailto:enquiries@pegasusact.com.au) Web: [www.pegasusact.com.au](http://www.pegasusact.com.au)

## Pegasus Events

### Pegasus Open Dressage Days back up and running

Many of our long time supporters will remember our Pegasus Open Dressage Days that used to be run by Janet Schmidt as a fundraiser for Pegasus. Well, we are very pleased to announce that they are back!

Jenny Campbell (one of our new volunteers) has offered to get these events up and running again and the first competition has been scheduled for Sunday 22 April. These events are aimed at riders new to dressage competition, or those with a young horse who are looking for a low key event to begin their dressage campaign.

The added spin off for Pegasus is that these events bring riders from the broader equestrian community into our facility and the opportunity for our riders to watch a dressage competition in action.

Riders and their families are welcome to watch the event which is due to kick off at about 8.30 am and should run through to the late afternoon.

## Coaches Corner

### Coaches head back to school at clinic



The Pegasus coaches all headed back to school this week with a coaching clinic that was conducted by Sally Francis (Victorian State Coach and Assistant National Coach).

Sally has a wealth of experience coaching at grass roots level and led our coaches through both theory and practical sessions to improve their knowledge and coaching skills. A particular focus of this clinic was on the use of poles and small jumps to add variety to lessons and to extend riders skills, so watch out for

some fun and challenging activities in the coming weeks.

Chris Nunn (Head Coach for the Atlanta and Sydney Paralympics) also came and facilitated a session on coaching techniques. His passion and enthusiasm for coaching was very motivating, as was his unending desire to learn more about the art of coaching.

Big thankyou's go to Jo for organising the weekend, all our coaches for giving up yet another weekend of their time and our demo riders, Amy and Ashley, who did an outstanding job being the 'guinea pigs' for the jumping session.



*Cathy, Karen and Penny all mounted up and ready to go at the workshop.*

## Carriage Driving Workshop set for May

One of our coaches, Debbie Butt, is currently training to become an accredited whip (carriage driving coach). Through a grant provided by our national body – Riding for the Disabled Association of Australia – we have arranged for national carriage driving assessor, Cathy Bantick, to visit Pegasus to conduct a carriage driving workshop for coaches and interested volunteers.

Carriage driving is a wonderful alternative for riders with a disability who have an interest in carriage driving or are not able to ride either due to the nature of their disability, or due to weight restrictions of our horses. In addition to controlling the vehicle, drivers with a disability can learn to harness their pony and set it to the carriage.

In order to get a carriage driving program off the ground, we need to train one or two teams of volunteers to assist with the program. If you are interested in getting involved, please make sure you let staff know as soon as possible. The workshop will be at Pegasus on Wed 2 May from 9am – 3pm.

## Herd Happenings

What a busy start to the year it's been! We've got some new horses to tell you about, a whole bunch of horses on trial and a few out of the ordinary events to fill you in on.



We have had Duncan on trial with his paddock mate Calico for the past few months. Unfortunately Calico has had to go home having shown us that she was too flighty for the work at Pegasus; however Duncan has officially joined the Pegasus herd. Duncan is a Shetland pony, easy to identify

(just look for the terribly cute one with the short legs!) but not always easy to find. He's so short, it's common for his riders to walk straight past his stable and think that it's empty! Occasionally a tiny little horse muzzle will appear over the stable door and announce itself with a soft nicker. Maybe he's worried we'll forget he's in there!



Charlie is another horse who's recently joined the herd. She is a 13.1hh mare with an attractive red roan colour. She has been a games pony in the past, and has quite a perky attitude. She has started to work in the Tuesday morning class,

and hopefully you'll begin to see her working more and more in the near future.

We also have a number of horses on trial at the moment.

Jacob is a tall gangly standardbred gelding with strange looking blue eyes. He seems to have a very sweet nature and so far is going well.

Thomas is a 15.3hh dark bay thoroughbred who we've just started working with and is working well on the lunge.

Safari is a 14hh grey arab x percheron gelding. He looks mostly like an arab, but with big cheeks and feet! Like Thomas we have just started working with him.

We have high hopes for all of these horses and we'll keep you posted on their progress.

In other news, we have unfortunately had a run of injuries across the herd. As some of you will be aware Queenie has been on leave for some time. She went to hospital some time ago for



surgery to her hind fetlock, convalesced there for a few days and is now home again. She is on total stable rest and quite a bit of antibiotic medication which she has been coping with incredibly well. The injury was quite a serious one, but the vets at Canberra Equine Hospital are optimistic that she'll make a full recovery.

Tully and Dallas joined forces a few weeks ago to rearrange the Pegasus fencing, and they are now very much regretting the idea! Dallas came off lightly with only a few days stable rest and some oral antibiotics, however Tully's damage was a little more extensive. He has been on stable rest for over a week (but hopefully not for too much longer) and has just moved on to oral antibiotics rather than injections. His wounds are healing well and are mainly superficial so there is no concern about his future, but he's had enough of being locked up and is slowly beginning to destroy his stable piece by piece!

Visiting hours are from 9 to 5 weekdays and carrots or apples are most welcome – please just see the coaches before you visit the patients!

A very big thankyou goes to Ken, Hadley, and Richard – three of the magnificent vets at the Canberra Vet Hospital. CVH have been great supporters of Pegasus over the years and we have certainly appreciated their care and dedication over the last month or so.

## Fundraising Update

### Entertainment Books have arrived

Our regular supporters will be aware that each year we sell Entertainment books as a fundraiser. Our stocks have now arrived, so please see staff to purchase your copy. The books cost \$50 and contain thousands of dollars worth of discount and 2 for 1 vouchers for local and interstates cafés, restaurants, entertainment venues, take-aways, holidays and many other bargains. If you eat out occasionally, then the savings you make with your discount voucher at just one or two restaurants will more than cover the cost of purchasing the book – and you will be helping our fundraising efforts at the same time. Talk about a win-win situation! We have a sample book on display in our common room so please feel free to check it out before you buy a copy.

## Melbourne Cup Fundraiser on the way

Do you celebrate the Melbourne Cup? Do you head to the track, off to lunch or perhaps just afternoon tea with friends? Well no matter what you do you'll be able to help us with our latest fundraising event.

On Cup Day this year, we will be inviting all Melbourne Cup enthusiasts to "Pass the Hat Around for Pegasus" at whatever event they are attending. The idea came from a donation made late last year by the School of Admin Studies at the University of Canberra. They literally passed a hat around at their Melbourne Cup lunch last year as they wanted to make a donation to a charity. Luckily for us, one of the attendees suggested Pegasus and because of the horsey connection with the Cup, they chose us! When making their donation, they mentioned that they were planning to create a Cup Day Challenge on campus to see which Department could raise the most money next year and all proceeds will come to us again.

This planted the seed, and we are currently working on a fundraising campaign, linked to Cup Day, that challenges businesses, restaurants, clubs, government departments and individuals to "Pass the Hat Around for Pegasus" at their Cup event this year.

We'll keep you posted on how you can get involved.

## Volunteer News

### Welcome and Thank You

Since February this year we have had several orientation and training sessions for new volunteers. So...welcome to all our new volunteers and welcome back to all our continuing volunteers. All of us at Pegasus – riders, horses and staff – value your contribution. Without you, the show would not go on!



*New volunteers learning about our mounting procedures.*

## Special Volunteer Social Evening, May 17th, 2007

As recognition of the appreciation we have for our volunteers, we are having a special evening during the National Volunteers Week in May.

Details are yet to be confirmed but the evening will include our farewell to Kris and each of you will receive a personal invitation. We are planning on a fun and interesting evening, so please circle that date in your diaries and stay tuned for more...



## Tip of the Week

Amazingly, we are nearly at the end of Term 1. And just in time, we have 'Tip of the Week' back. This little pearl of wisdom represents the combined wealth of knowledge of all our coaches, encapsulated in a small phrase to remind volunteers of 'something' important. Look for it near the sign-in book. And speaking of the sign-in book, that's the first 'Tip of the Week' – "Don't forget to sign out", so we don't have to send the search party out for you!

## Suggestion Box

Have you noticed the new box on top of the volunteers' desk, all covered with cute cut-out horsey pictures? This is the new Volunteers' Suggestion Box. All those great ideas, concerns or comments that come to you during your work here, or in the middle of the night when you can't sleep, we would love to hear about. We value your experience and perspective, and your suggestions may assist us to provide a better program or environment for all concerned at Pegasus. You can even tell us if you think it's just perfect!

## Lockers for Personal Items

We have had new keys cut for the lockers. YES! There are about 10 lockers available and we encourage you to use them to prevent loss or theft. PLEASE, just make sure you leave the key on the hook when you retrieve your belongings and leave for the day.

## Finally, Thank You Again

Like everyone else, volunteers are busy, get sick, go away, etc. That's life, but thank you for letting us know as much in advance as possible. And, thank you to the volunteers who have stepped in at short notice when we have had an absence. We greatly appreciate being able to call you and ask. We insist you say "no" if you can't, and are forever grateful if you can.

## Reflections of a volunteer

Neil Manton is a regular Wednesday volunteer. We asked him to share some of his experiences at Pegasus and this is his story.....

*Some 4 years ago, and with some trepidation, I asked if I could help out at Pegasus in some way (I had seen the appeal for volunteers during one of my manure raids at the stables!). I say trepidation as there were two things I was not overly familiar with – horses and kids who were less fortunate than my own children and grandchildren; perhaps not a good start?*

*Kris was then Volunteer Co-ordinator and she and Deb made me more than welcome and eased me into the role of a side walker and the office staff were similarly helpful in showing me how to boil water for coffee! (see, we office staff do have a purpose!.....Becky) Other volunteers, some of whom had been there in one capacity or another for up to 20 years, welcomed me into the club too but I was not really ready for the first bus load of kids who pulled up outside the front door.*

*I was nervous about handling these precious kids and trying to communicate with them but one or two seemed to like being with me and we started a strong connection in the common room and in the arena. Staff more familiar with the kids briefed me on certain traits and ways each child had of communicating and this became an important element in setting up the bond needed for everyone to benefit from the exercise – leaders, side walkers, coaches, and the kids themselves. Oh, and don't forget the horses!*

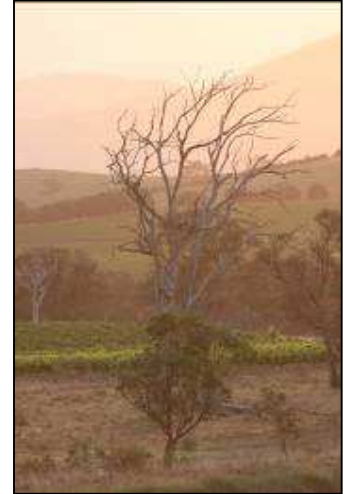
*I will never forget meeting one of the riders, Angela, and eventually making friends with her and, I believe, making a difference to her life as she improved her response to the movement of the horse and of her side walkers. It was sad but good to see her go on to other activities and move on from weekly horse riding.*

*A change of schools for my Wednesday time slot brought a few more challenges, and a reunion with Ashlee who has grown this year as she has developed more and more. Taller and more confident and more aware of the lessons we try to teach her. These are the rewards of working in a place like Pegasus and I can only recommend that others be encouraged to join the Volunteer Program. Sure there are frustrations, but the smile on the face of a child is worth it all.*

Neil Manton - April 2007

## Property Update

The requirements of operating a charity, a service for people with a disability and a 100 acre property that houses our 20 horses are often very challenging. Jo has been very busy of late, ensuring that we keep our Pegasus Farm functioning as effectively as we can. She is currently undertaking a Prograze course, run by the Department of Environment and Conservation, which assists landholders to maximise the operation of their property, whilst minimising environmental impacts. The knowledge she has gained is paying off and after a recent visit by Geoff Price from the Department to assess our pasture, she has arranged for pasture improvements to occur. This boost for our land will ensure that our horses have plenty of grass to eat and will ensure that our native grasses continue to prosper.



### Did you know.....

- Pegasus offers riding lessons to able bodied riders as a fundraising activity. These lessons cost \$30 per lesson.
- Currently these lesson fees are waived for our riders with a disability, but these riders are getting the same quality of coaching from our nationally accredited coaches plus individual support from our trained volunteers.
- Riders with a disability are invited to make a tax deductible contribution to Pegasus.
- All donations are used to continue to offer our quality services to riders.

## Thanks to our supporters....

Pegasus simply could not continue to operate with out the generous support of our community. We would like to thank the following donors who have assisted us since our last newsletter.

- Robert and Ailsa Whitty
- The Baxter Family
- The Commonwealth League for Friendship
- Brant Smyth and the Department of Agriculture
- Geoff Price and the Department of Environment and Conservation
- Mark Patterson of Patterson's Rural Contracting
- Roy Amos
- Jack Laing of Bungendore Vet Hospital
- The Kippax Vet Hospital
- Bunnings Fyshwick
- The Canberra Vet Hospital
- Ian Nielson and Associates
- Saddleworld
- Robert Nott
- Peter V'Landys and Racing NSW
- Elsie Anderson and Barbara Gibbs
- Thoroughbred Park
- Gary Rake and Corporate People
- ACT Dept of Territory and Municipal Services
- Mallesons, Stephen and Jacques

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## From our riders.....

This picture was drawn by Jeremy from Turner Primary School. Jeremy is 9 and he drew this picture from the logo on one of our coach's shirts when they went to visit the school to assess riders at the start of the year. Jeremy now keeps us well stocked in his artwork as he keeps busy in the common room while he waits for his turn to ride. Thanks for your great pictures Jeremy!

If you would like one of your pictures to appear in HoofPrint, please just pass them on to the office and we'll scan them in for the next edition.

