



# HoofPrint

## HoofPrint Winter 2014 Edition

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## Our Donors

Sincere thanks to the following Pegasus donors:

### General Donations

A Good Friend - \$30,000

The Gordon Ross Foundation - \$21,000

Sue H - \$15,000

Horizon One - \$7,374

Lions Club of Canberra Belconnen - \$5,000

The Tom Efkarpidis Foundation - \$3,000

Kevin D - \$1,500

Loretta B - \$1,225

Richard N - \$1,000

Helen C - \$1,000

Everyl E - \$1,000

Chris A - \$1,000

Robyn C - \$1,000

Jerrabomberra Hotel Patrons - \$1,000

Blue Illusion Belconnen - \$912

## From the Executive Officer



I'm now seven months in the role as Pegasus' Executive Officer, and loving it.

And it's all about the people! Whether it's the young man who's brimming with pride as he applies his training to manage and manoeuvre his horse away from the gate and keep him on task, or the dad full of joy watching his son trot, bouncing up and down on the seat as if he himself were 'willing' his son on, or the volunteer who beams at the satisfaction of

a child learning 'just one more thing', or the letters and stories from people past and their memories of their time here at Pegasus. It's these things that bring me and so many of us such joy, and makes our hearts miss a beat.

I'm fortunate to have staff who along with a troop of dedicated volunteers, help to drive and establish the changes that are necessary for Pegasus to develop good governance and strong efficacy. Whilst I seemingly appear to be 'down to business' – hardly taking time to breathe - not a day goes past when I don't appreciate their goodwill and dedication.

Writing this message allows me to take stock of what we are achieving. Pegasus has a new database, bringing all our constituents into one hub to ensure we gain a greater understanding of what they want, what they do, and how they want us to talk to them. Volunteers have sorted files, drafted policies and procedures, helped with office refurbs (thanks to Radford College and Recon), supported fundraising efforts, drafted grants, and the list goes on.

We have administered some riding scholarships, began a long overdue refurbishment of our indoor arena, and packaged our phone services, resulting in more efficiencies.

On the media front Bid Williams, our founder, was the star of one of ABC's 7.30 ACT programs. Mix 106.3 and other local media helped plug our Open Day. More recently, Dr Harry from Better Homes and Gardens paid us a visit. This is due to be aired in the next month or so – stay tuned.

Pegasus' Management Committee is finalizing our organizational strategy, and renewing the Constitution and approved policies. Our President, Nick Langley, and I attended Riding for the Disabled Association Australia's General Meeting last May and gained insights to the many methods that RDAA centres employ to deliver quality programs.

Of great satisfaction was our Open Day and the outstanding attendance and support from the local community, and the success of our appeal. Many donors made a contribution that will continue to build our future.

All of you, our constituents, contribute to making Pegasus what it is today and will be in the future.

Kate S - \$800

Stephen P - \$800

Katina C - \$580

Shay M - \$500

Tony T - \$500

Kay B - \$500

Nicolas S - \$500

Kambah Lions Club - \$500

Little Sprout - \$500

Phoenix Enterprises - \$3,000

Elizabeth N - \$1,000

Barbara McC - \$1,000

Greg T - \$500

Mix 106.9 - \$500

Ralph & Barbara S - \$500

Outback Land Rover Heritage Drive - \$500

Neil O - \$500

J R\*\*\*y - \$500

Narrabunda Prefabs History Group - \$500

**Arena Refurbishment & Maintenance**

King Wood & Mallesons - \$10,000

The Rotary Club of Canberra North - \$10,000

Canberra East Rotary - \$6,000

The Carbine Club of the ACT - \$5,000

Belluci's Woden - \$500

Belluci's Manuka - \$500

Regional Wholesale Fruit Market - \$500

Vibe FM - \$500

Canberra Motorcycle Centre - \$500

Bidvest Food Service - \$500

**Pony Adoptors (renewed)**

A Generous Donor

Tall Foundation

Capital First Real Estate

Thank you

*Jane Thompson, Executive Officer, Pegasus*

## Opening the Doors

Pegasus' Open Day was held on Saturday 31st May and it was a great success. The aim of the day was to promote Pegasus and create an opportunity for members of the public to come and visit our farm. It achieved all that and more. Pegasus had more than 1200 people through the gates, and thanks to the community pulling together; volunteers, sponsors, and donors, we netted \$14,058.



This was the culmination of various activities; Pegasus held a sponsored Obstacle-a-Thon for our riders who navigated the obstacle course the week leading into the Open Day. This raised \$4,161 – the Lukunic family raised the most funds at \$800. The business community was right behind the initiative, providing sponsorship totalling \$4,500 for the obstacles. The balance of \$9,482 was raised on the day.

The day had a welcoming, happy, country fair feel to it and people were treated to great food, a variety of stalls, fun activities for the kids, class demonstrations, a parade of our beautiful horses, live entertainment and so much more!

Many supporters donated either financially or with their time to help make our day a success. These include:-

- **Senator Zed Seselja** – formally opening the event.
- **Obstacle-a-thon Sponsors**
- **Carla Bignasca ('Biggy')** – our MC for the day
- **Capital Chemist** for donating many of the raffle prizes and coordinating a stall for us
- **Masters** for donating a wheelbarrow of tools as a raffle
- **Warehouse Circus** who performed on the day
- **Franklin B Paverty Bush Band** who played fantastic live music
- **Rural Fire Service and the ACT Ambulance Service**
- **Belconnen Markets** for supplying the sausage sizzle
- **Lions Club of Belconnen** for manning the sausage sizzle
- **Schools – Weetangera, Farrer, Malkara, Black Mountain and Cranleigh** who all contributed stalls and displays.

Thank you to all of our 83 volunteers who worked on the day and helped make all our visitors feel so welcome. As an annual event the Open Day is a great way for Pegasus to let the wider community know what we already know – that Pegasus is a special and unique place that helps to improve the lives of so many people. The date for the **next Open Day is May 2nd 2015**. Mark it in your diary now!

## Riding Scholarships

Pegasus received an enthusiastic response from families and riders applying for a Scholarship. The selection committee divided the Scholarships into Gold, Silver, and Bronze. Applications were strong, with one father of a young son with autism writing;



*"It's hard to describe how I think it feels for him to be so excited,*

Capital Chemist

Sonza Veterinary Clinic

Price Waterhouse  
Coopers

Canberra Racing Club

**Riding Scholarship  
Sponsors**

A Generous Donor

Canberra Rotaract Club

Lions Club of Canberra  
Woden

Tall Foundation

Capital Chemist

And thanks to our many  
other Pegasus donors  
and supporters.

**Obstacle-a-Thon  
Sponsors**



Just Better Care  
sponsored the obstacle,  
Knights in Shining Armour



Bungendore Rural  
Services sponsored the  
obstacle, 10 Green  
Bottles



Rutherford Johnston  
Properties sponsored the  
obstacle, Pay the Price



Dollar Curtains & Blinds  
sponsored the obstacle,  
One Step at a Time



Infinity Legal sponsored  
the obstacle, Bull's Eye



Pine Ridge Agistment  
sponsored the obstacle,

*doing something so fantastic as a horse ride, and for that experience to be filled with such wonderful routines that bring such a sense of calm and peace to him. When he is on his horse, usually Lochie, he is not disabled, he's just a boy on a horse".*

In launching Pegasus' first round of Riding Scholarships, aimed at supporting people with a disability develop their potential through horse activities and associated therapy, our goal is to reward their enthusiasm by providing scholarships for mounted and un-mounted programs.

**Scholarships;**

- The Abilities Scholarships in memory of William Quinlivan
- The Lions Club of Canberra Woden in Recognition of Excellence in Riding
- The Capital Chemist Scholarship in Recognition of Excellence in Riding, and
- The Riding Tall Scholarship in Recognition of Excellence in Riding.

These scholarships offer financial support and personal recognition of achievement in the Pegasus programs.

Pegasus' Awards Night will be held on Thursday the 28th of August when scholarship sponsors will award a scholarship to 11 recipients.

**Family Week**

Family Week, held 1st – 5th of July, provides an occasion for parents, grandparents, carers and siblings to see how Pegasus programs operate and how their child is progressing.

It provides a chance to see them ride and meet the horse who has no doubt earned a slice of many conversations. For those children who struggle with their communication, it enables the family to converse with their child about the horse and their activities at Pegasus.



Visitors are encouraged to ask questions, provide feedback and discuss rider goals with coaching staff and volunteers. It is a valuable opportunity for coaches to consult with parents and receive some insight into rider's personal goals in other areas of their life. Having information about a riders personal aims through consultation with parents and teachers, coaches can tailor riding programs to include and complement broader personal goals.

Parents of riders who attend with their school group often do not have many opportunities to connect and engage with their child's riding and involvement at Pegasus. This makes the Family Day especially important for the riders that come with their school.

It was great to see the large number of enthusiastic and supportive family members attend, take photos, and enjoy a morning tea and a chat.

Parents are welcome to visit Pegasus at any time to watch their child ride.

The next Family Week will be held 1st-5th December incorporating Christmas treats and celebrations.

**Pilot for Post School**

The Colt that got Away



Eastlake Football Club sponsored the obstacle, Slam Dunk



Lord's Taverners sponsored the obstacle, Pot Luck



Capital Chemist sponsored the obstacle, Hung Out to Dry

### JJF Supports Grass-roots Organisations

And they know that Pegasus Riding for the Disabled is just that! Wishing to broaden our service delivery and programs for people with a disability, Pegasus' Executive Officer, Jane Thompson and a Pegasus volunteer, Mark Borowick, who drafted the application, applied to the John James Foundation (JJF) for a grant to support an initiative to help achieve this aim.

Chief Executive Officer, Phil Greenwood conveyed Pegasus' need to the JJF Board who were delighted to be able to kick the initiative off with a donation of **\$10,000**.

The donation will help Pegasus provide some infrastructure to pilot and support a business opportunity for a person with a disability. Pegasus is now in the early stages of planning and discussion with other Service Providers to collaborate and provide this opportunity for a couple of people: an opportunity made possible because of the generosity and foresight of Dr John James, and the current Board of Trustees. Thank you!

### NDIS - Providing the Means for Good Governance

Pegasus is one of ten recipients who

Pegasus is currently piloting an un-mounted 'horsing around' program with a group of 18-25 year olds with intellectual disabilities. This is being conducted in conjunction with Anglicare ACT Disability Services through their Life in the Community Program. Other service providers, who struggle to source suitable post-school activities, have shown a keen interest in the outcomes of this trial program.



There is an un-met need in the community for activities for young adults with a disability. This, combined with the proven capacity of Pegasus to provide equestrian-related activities and enhance health and wellbeing, principally drive the project.

At term's end the pilot has managed to enhance young adults' work skills, their social interactions and community awareness. The group is keen to continue, and Anglicare have more clients keen to participate. Pegasus knows the program has merit, and is vigorously applying for grants to build capacity and roll the pilot out as a permanent program.

If you can help, or are keen to find out more, contact [admin@pegasusact.com.au](mailto:admin@pegasusact.com.au)

### It's a Big Deal!

After some difficult times just over a year ago, Pegasus has identified the need to put programs in place to ensure our unique equine programs for people with a disability remain for another 40 plus years, and then some.

With this in mind, Pegasus initiated an appeal program and kicked it off leading into tax time. We asked our donors, volunteers, and friends – past and present – and we asked people who potentially knew of us, but who hadn't previously been invited to support us, to consider a gift to continue our good work.

The result was outstanding, and humbling. It raised more than **\$63,000!** I feel it can only be explained in terms of the goodwill that Bid Williams and the many others who have been there along the way have generated.

Bid, the Pegasus Committee, staff, and I thank each and every one who gave to this appeal – the first of its kind for Pegasus. It has provided the wind beneath our wings that will enable us to spread our wings, decrease our waiting list, and broaden our services.

### Margo Wade – winner at the ACT Volunteer of the Year Awards!

In May of this year Pegasus nominated Margo Wade, one of our many wonderful Pegasus volunteers, for the 2014 ACT Volunteer of the Year Awards.



We were thrilled to learn that Margo won the award in her category! Margo is very humble (like many of our volunteers) and made it clear that she accepted this award on behalf of all the Pegasus volunteers who work in similar roles to herself.

successfully applied to ACT NDIS for one of their Business Investment Packages valued at **\$50,000**. These funds will enable Pegasus to receive specialized services from RSM Bird Cameron - to build capacity to broaden our programs, plan and develop roles and their fit and purpose, and to map and support policy development.

Pegasus is grateful to the ACT government for their support. Thank you

### Ride4Pegasus

The ACT Endurance Riders Association rallied together to hold another Ride for Pegasus day with the aim of raising funds for people with a disability, and to ensure Pegasus' Horse Therapy Programs continue and expand into the future.

April 12, and after weeks of heavy rain and a night of more rain, the day was shining bright with 37 riders making their way through 10km of sparkling pine forest and the spectacular arboretum.

Masters provided a bag of goodies for each participant, and Horseland donated a woollen rug that was awarded to Mineke Peerbloom for raising the most funds, \$1,200.

A total of **\$4,766** was raised. A huge thank you to everyone involved; riders, volunteers, sponsors and donors.

*Photographs by Elizabeth Borowick, a Pegasus volunteer, can be viewed on Facebook*

### More than a Brain Bank!

Pulling together, **Minter Ellison**, who nominated Pegasus as their Trivia Night beneficiary, managed to attract participation from the community with 29 tables of ten people vying for the title of champion of champions in the Trivia stakes!

Various items were seized by punters keen to have the winning bid in the silent auction. A great night was had; good food, good fun, and great gifts. Pegasus sincerely thanks Minter Ellison for their support resulting in an

Volunteering comes from an ethos of giving in her life; *"I come from a family where we just did things for the community. We didn't talk about it, but contribution to the community is just what you do."*

Congratulations Margo!

### More on Margo...

Margo has been volunteering with us for four years, and in that time has fulfilled many different roles; stable hand, class leader and side walker, leader in our un-mounted 'Horsing Around' program, mentor to adult volunteers with disabilities, fill in volunteer on a regular basis, photographer for events, member of the Pegasus Fire Team and assistant in grant writing. She has represented Pegasus at fundraising events and spent hours assisting in government submissions that qualify us for funding. Amazing!

Margo has contributed to, and witnessed firsthand, the impact her work has had on individuals and the wider disability community through the work she does at Pegasus. In 2013 she was a mentor to one of our adults with a disability, Jess, who has been riding with us for years and is now also a volunteer herself. Margo assisted Jess around the stables and has had great satisfaction in seeing her develop confidence and the ability to make her own decisions, as well as the opportunity to contribute back to the community.

Another example of how Margo has experienced the impact of her work is with young Thomas, one of our riders who has autism. Margo was his volunteer when he first began with us a few years ago in an un-mounted class. Back then he had great difficulty communicating and in being focused and safe around the horse – he certainly kept Margo on her toes! Three years later she recently had the opportunity to lead him in a riding class and could not believe the difference in him. He is communicating well with her and takes instruction, rides independently, is in control and has a great sense of humour to boot. As Margo said, *"Just to see him develop like that was truly a wonderful thing"*.

Margo has been a great advocate for Pegasus in what has been a very challenging and financially difficult couple of years. It is only through the help of committed 'ambassadors' like Margo, who have volunteered their skills and time to help us, and truly believe in what we are doing, that we are spreading our wings and flying.

Margo would be described as a volunteer who does much but asks for nothing in return – a quiet achiever who genuinely does not seek acknowledgement or recognition for her contribution. I know she would agree that there are many like her at Pegasus and we are so lucky to have Margo and a volunteer team who are the foundation of our success.

## Pegasus celebrates the 'Horses Birthday'



Horses share a joint birthday on 1st August each year, and the staff, management and volunteers of Pegasus organised a celebration which included a haystack-and-carrot cake for the horses, and lots of treats for the humans.

Sponsors and donors were invited as a special 'thank you' for their terrific support. Pegasus presented a couple of their programs with Farrar School riders demonstrated a new skill to our guests, riding one handed as they took the opportunity to bask in the admiration

amount of **\$12,974** being donated to support Horse Therapy Programs for people with a disability.

#### **Pegasus Term dates - 2014**

##### **Term 3**

**Tues 22 July to Sat 27 September** 10 weeks

##### **Term 4**

**Tues 14 Oct to Sat 6 December** 8 weeks

#### **Upcoming Events**

**28 th August - Awards Night**

**4th September - Yowani Pegasus Golf Day**

**19-22nd September - RDAA National Coaches Workshop**

**6th December - Pegasus Christmas Party**

of their audience and wave with their other hand. A skill Pegasus coaches hadn't yet taught them! Clients from Anglicare also revelled in the limelight of the audience, beaming at the camera and becoming instant celebrities.

### **Danielle's Story - the Pegasus Boomerang!**

After its 41 years of operations, I shouldn't be amazed by the number of people who return to Pegasus; past riders, volunteers, staff, and supporters. And when they do, the stories, like Danielle's (below) are heart-warming.

*Hi Pegasus,*

*When I was 5 years old I started my horse riding journey at a school holiday camp at Pegasus with 2 of my older cousins. The pony I was assigned was a naughty and cheeky flea-bitten grey, by the name of Dylan. He was in his late 20's, missing teeth, pig-rooted every time he was asked to transition, but he was the love of my life. He was getting too naughty for Pegasus, so for my 6th birthday my parents adopted him and brought him home. No one would ever believe it, but I actually won my first ever reserve champion ribbon on him for a riders class at Hall show. He looked like a woolly mammoth, and the whole 2 canter circles of the work out he pig-rooted. The judge was so impressed that I stayed on and showed confidence she had to give it to me.*

*Once I got into my early teens I was competing in pony club events - Zone 16 and State events such as dressage, A grade show jumping, equitation and A grade eventing. I would also attend different shows, competed in C grade EFA jumping and ACT dressage.*

*My mum (Jennifer Graham), as a girl had lessons with Bid Williams so I also started to have lessons with Bid at Pegasus once a week. I still remember to this day her telling me that I had to soften my hands, I had to pretend to have little birds in my hands; it certainly helped.*

*I owe a lot to Pegasus and would love to volunteer my time. If I'm able to assist in any way, whether it's cleaning stables, working a horse, admin work or cleaning gear, I'm more than happy to help out where I can. I look forward to hearing from you.*

*Kind regards,  
Danielle*

### **Horse Corner – Spotlight on Gideon**

Pegasus has a new addition! A 17 year old named Gideon who is a lovely grey 15 hands high. He has been in the Bungendore region for 10 years participating in pony club events, camps and outings. Gideon has some great qualities and Pegasus staff, impressed with his generous nature and willingness to learn, have commenced Riding for the Disabled training with him.

He has blended into life here at Pegasus and has already become friends with Woody, Jacko, Little Jo and Thomas. We look forward to working with Gideon and expect he will become a valued member of our fantastic herd.



