



# COLLIE WESTERN RIDING ASSOCIATION

January 2023

Newsletter

## PRESIDENTS REPORT

Dear Members

Happy new year we hope you're ready for another big one. We have had our first Club Day for the year and wasn't it a hot one! Still, we had plenty of enthusiastic members attend our members meeting and riders staying for the evening. We will be running our club days in the evening from now until about easter, weather permitting, with a BBQ dinner beforehand so beat the heat and come on down, they are a lot of fun. Our first event for the year will be our NRHA Reining and Ranch show judged Pam Spokes. Pam has been kind enough to judge for us before and she is an accomplished judge. We are looking forward to seeing her again so get your nominations in.

There will also be an opportunity for all members to participate in a show and clinic with Rod Osbourne in May. This clinic will focus mostly on show presentation and placement of your horse while riding your patterns with an in-depth explanation of rules and penalties. If you wish to improve your score, this is a fantastic opportunity to do so and to develop your own unique show strategy - tailor made to you and your horse or horses. We are also looking to repeat the success we had with the AQHA and APHA with their ranch road show. This was a huge success for all parties with a lot of fun thrown in for good measure so watch this space. There will also be the NRHA state show later in the year and a clinic or two. If you wish to participate in something else, please bring it to a committee meeting and we will be happy to consider any suggestions and offer support to make your idea successful.

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## Committee Members

- ◆ President - Heath Whiteaker - 0435 376567
- ◆ Vice - Midge Elvin - 0417 975086
- ◆ Secretary - Marie Wetherell - 0428 198323 - colliewesternriding@gmail.com
- ◆ Treasurer - Chrystine Whiteaker - 97343107 or 0429 343107
- ◆ Show Secretary - Liz Tresidder - 0408 933825
- ◆ Canteen Managers - Tim Elliott & Jim Elliott
- ◆ Newsletter Editor - Jill Hunter - 0404 885717 - jillandbery1@optusnet.com.au
- ◆ FB Editor - Nicky Jones-Hutt - 0407 477398 <http://www.facebook.com/colliewesternridingassociation>

Cont.

It's going to be another busy and successful year - our warm-up arena extension has almost been completed, more new yards will be going in shortly and the rest of our ground improvements are progressing nicely, so it's a great time to be a member.

A sincere thank you to Premier Coal for their very kind donation of funds to our club they will be put to good use and we do appreciate it.

Looking forward to seeing you all soon

Best Regards

Heath.

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## **Secretary Update**

Marie is currently enjoying a well deserved break but looking forward to the year ahead.

## ***Oceania Council Update***

Heath has taken over as our OC Delegate. These are the minutes from the Jan 2023 OC Meeting

### **NATIONAL REINING HORSE ASSOCIATION**

Oceania Affiliate Council Meeting Minutes

Conference Call January 12, 2023

Approved January 19, 2023

**Members Present:** Lyndon Hale (Chair), Wayne Hinder, Todd McCormick, Michele Delbridge, Pam Watson, Tim Shelley, Heath Whiteaker, Elisa Reuter

**Guests Present:**

**Members Not Present:** Peter Bartolo

**Staff Present:** Samantha Oldfield

Call to Order Meeting called to order at 7:09 PM/ 19:09 AEST- 3:09 AM CST

### **NRHA Oceania Council Bylaws Review**

The Council review the Oceania Council bylaws. The process of how future Board of Director seats will be selected is discussed. There is consensus that the individual who holds this position could come from outside of the Council, however, must be a member of an Oceania affiliate. Samantha Oldfield will create language to insert into the Oceania Council bylaws that will include the following:

- Nominations for individuals who wish to run for the Board of Directors seat must be submitted to the Oceania Council for review and voting.
- Nominees may come from anywhere so long as they are at minimum an NRHA member in good standing and a member of an Oceania affiliate.
- Board of Director seat-holder must attend the Oceania Council meetings, so they have the pulse of what is happening across all of Oceania.
- Seat will be held for a two-year term with the possibility for re-election following the term-limits set by the NRHA bylaws.
- Council has the right to replace the Board of Director seat-holder at the end of any year should the consensus on the Council be that this individual is not fulfilling their role appropriately or successfully.

### **IAP Fund Request Process**

The Council discusses options of how to evenly spread the IAP support across Oceania, while also supporting good works done by affiliates and the Oceania Affiliate Championships.

Samantha Oldfield will draft a few options for affiliate incentive lists and fund-request forms for the Council to review at their next meeting.

### **Review of Updated Oceania Affiliate Championship Conditions**

The Council review the updated conditions for the 2023 Oceania Affiliate Championships. The Council unanimously supports including South Africa in participation without the restriction of qualification. Samantha Oldfield will update the conditions accordingly and will post online.

Continued next page...

### **Matters from Affiliates**

**NRHA SA** - A judge's school is planned with the potential for an event in conjunction. The show season is starting up and they are looking forward to a busy year.

**VRHA**- First event is happening in February, they have 3-4 clinics planned, and they are looking forward to working in conjunction with Orana on the Oceania Affiliate Championships.

**Orana**- Entries are coming in for the state show, they are starting off their year with clinics and have a couple of events in Queensland planned. They are looking forward to co-hosting the Oceania Affiliate Championships with VRHA. They have been working with APHA and AQHA to have some unique opportunities available at this event.

**GVRHA**- The show season has started, and they are considering a saddle series to encourage support across all levels of competition.

**SARHA**- The year is starting off with a clinic and then on into events, with their championship show to be held in early December. They have incorporated trotting classes to encourage involvement and participation at the ground level.

**CWRA**- Summer break is in progress after a successful state show; however they will be starting back later in January with a clinic, events, and a state show to cap the year off.

**Calliope**- A clinic is in the works to kick the year off, as they work with the new management of the facility to schedule potential event dates.

**NSWRHA**- Not present

### **Eligibility Reminder**

The Council is informed that the eligibility tool is now up and running on ReinerSuite as of Monday, January 9 th- all members should double check their eligibility for the year before competing. Samantha Oldfield will check on any members put forward whose address resides outside of the Oceania region, but they live and compete in the Oceania region.

Tim Shelley joins.

### **Japan Update**

An update was given on the Japan Reining Horse Association. The affiliate event in November was successful, and there are interested parties who potentially will want to come to the Oceania Championships.

### **Next Meeting**

Next meeting is scheduled for March 2, 2023.

### **Social Media Update**

An update was given to the Council letting the members know if they have ideas for social media to let Mel Dennis know.

### **Affiliate Renewal Paperwork**

NRHA staff remind the Council that affiliate renewal paperwork is due in office by January 31st . In addition, the Council is reminded to make sure they and their members check out the 2023 fees policy and the show approval and results guidelines as the competition starts back up in 2023.

Meeting adjourned at 8:33 PM - 20:33 AEST/ 4:33 AM CST.

# Feeling Harried? De-stress With Horses

Looking for a way to chill out during a stressful time? Let your four-legged friend unwind you!

**BY JENNIFER FORSBERG MEYER** | DECEMBER 6, 2019 | 3 MINUTES READ

“No matter how stressful my day’s been,” says reader Lisa Wingebach of California, “when I brush my gelding’s face and he drops his head...I relax completely.”

Lisa was responding to a question we asked awhile back about de-stressing with horses. Can you relate? I certainly can.

Because, let’s face it: As horsepeople, we’re always busy—barn chores, house chores, family chores, work chores. Finding time for a ride or any other activity with our horses can even begin to feel like a chore.

Add to that the outside stresses that come along to complicate our lives, and it all becomes crazymaking.

But! That’s exactly why it’s essential to keep carving out at least a little time with our equine friends, even when other concerns weigh in. Science has acknowledged what we already knew—that being with our horses relieves stress and promotes a blissful feeling of wellbeing.

Science, you ask? Yes. A study at Washington State University found that youngsters who spend time handling or riding horses have lower levels of the stress hormone cortisol, as indicated by saliva samples, than do youngsters in a control group with no horse time.



The feel of your horse’s warm coat under your hand will calm and refresh you. Photo by ilyaplantonov/Adobe Stock Images

So—horses are proven stress relief.

My own experience confirms this. I recall the calming effect my good gelding Granite had on me during a particularly hectic holiday season when my daughter was young. Here in Northern California, we’re lucky to be able to ride year-round. I would drop Sophie at

preschool, then go on to the boarding barn and the relaxation would begin.

Stepping out of my car, I’d notice how appealing my gelding looked as he lifted his handsome head and pricked his ears at me.

As I led him from his paddock to the barn, I’d never fail to notice how the haircoat on his neck (he was a fleabitten gray) resembled creamy vanilla-bean ice cream. Mmmmmmm.

Grooming him, I’d take a moment to press my nose into his coat or the side of his velvety muzzle. Breathing in that warm, horsey scent was—and still is—intensely relaxing, conjuring up as it does happy horse-memories from childhood.

As I longed him, I would admire his sweepy movement and think how glad I was he belonged to me. By the time I swung into the saddle, my worries of the day had faded and I was ready to concentrate on this creature that added such beauty and richness to my life.

Sound familiar? I’m sure it does. The tales you’ve shared attest to it.

“Yes, librarians get stressed, too,” confesses reader Kristi Pierce of Iowa. “And when that happens, my husband banishes me to the barn for horse therapy. Scratching my big Paint gelding’s bum (his favorite spot) as we listen to a book together makes all the worries go away.”

Californian Karen Luckett agrees. “Just hugging my 34-year-old mare melts my stress away and resets my biorhythms within 15 seconds. Better than any tranquilizer out there.”

Who can argue with that? So, remember...when the crazy-worries strike, carve out 15 seconds—more if you can manage it—to relax, refresh, and recharge with your four-legged best friend.



# Donate your Cash4Cans to Collie Western Riding Association by using this C10289834

## HOW TO CASH IN

Return your containers to Cash4Cans  
for your 10c refund.



Collect your  
eligible containers



Visit your local  
Cash4Cans depot



Get instant cash for  
your containers

ELIGIBLE CONTAINERS



Containers between 150mL  
and 3L:

- Aluminium cans
- Glass bottles
- Plastic bottles
- Steel drink cans
- Paperback cartons
- HDPE plastic

INELIGIBLE CONTAINERS



- Plain milk container
- Cordial container
- Concentrated fruit/veg  
juice containers
- Drink containers (<150mL)
- Flavoured milk (1L+)
- Wine or pure spirits
- Wine/water casks



We would like to wish the following members a very Happy Birthday!

***JANUARY—*** Robyn, Marie, Ray, Lana, Kate, Chelsea  
Elsie, William & Taylah

***FEBRUARY—*** Cheryl, Nicky, Margaret and Melanie

***Welcome all our members, new and old to a wonderful year full of horses and friendship.***

### *IMPORTANT NEWS AND COMING EVENTS..*

- ◆ March 4/5th–NRHA Coalfields Classic Reining and Ranch Show. Pam Spokes will be judging. Please contact Liz for entry forms and show details–0408 933825
- ◆ May 6/7th–Show preparation clinic with Rod Osbourne. This will be an ideal clinic to help you prepare either yourself or your horse (or both) for showing. Rod has many years experience both as a NRHA judge and competitor so lets make the most of this opportunity.
- ◆ If you are interested in helping with show organisation or sponsorship please contact either Liz or Marie. Many hands make light work.

Until next time,

*Jill*

NEWSLETTER  
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*Preparation + Attitude + Opportunity + Action  
= Luck.  
John C. Maxwell*

## ***DATES TO REMEMBER***

**\*\*JANUARY IS BACK TO TWILIGHT TIME\*\***

### **FEBRUARY**

- ◆ 4th Club day evening meal available 5pm Glenn
- ◆ 18th Club day/show practice-evening meal available 5pm Tim

### **MARCH**

- ◆ 4/5th Coalfields Classic show 9am
- ◆ 18th Club day & Members meeting-evening meal available 5pm Bruce

### **APRIL**

- ◆ 1st Club day Easter Egg Hunt 1pm
- ◆ 15th Club Day 1pm
- ◆ 29th Club Day 1pm