



COLLIE WESTERN RIDING ASSOCIATION

March 2023

Newsletter

PRESIDENTS REPORT

Dear Members

Happy Easter, I hope you don't indulge too much, remember you have to get on those horses, even after a successful easter egg hunt. Welcome back to all our members to the daytime club days, remember that we now start riding at 1 pm sharp. We're glad to see you all back after a long warm summer. Please feel free to bring any friends and neighbours along to make the most of our brisk autumn club days before winter sets in, also feel free to suggest any variation that you may wish to try for our day events. Variety is the spice of life after all. Or try running a day yourself and bring a fresh perspective to the days. If you don't feel up to hosting an afternoon, you are quite welcome to split the day with another club member, events are not just restricted to your classical western style events. After all its your day so why not have a try ?

The March show was our customary success and thankyou to everyone who helped in a multitude of roles both before, during and after the weekend. We received positive feed-back from our NRHA Judge Pam Spokes, both for how we conduct the show as a club and for our fantastic arena surface. So, on behalf of everyone who attended the weekend, a sincere thankyou to everyone who prepared the arena surface in the week leading up to the show, and everyone who helped maintain in it throughout the weekend, it truly allows those people who compete the opportunity to showcase their horses to their full potential, and the scores received on the weekend reflected that fact. Without the NRHA Show secretary there is no show and we are so fortunate that ours, Liz works tirelessly on these shows to make sure that everything complies with the standard that is set by the NRHA which ensures that everyone has the same opportunity to compete to their full potential. So, on behalf of everyone, a rather large thankyou to Liz. Of course, no show can run without the judge and it was wonderful to see her back with us again with her customary high standard of judging throughout the weekend. We hope you had a wonderful weekend Pam, we all did, and we appreciate the time you gave us.

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 Manager - Chrystine Whiteaker
- ◆ Newsletter Editor - Jill Hunter - 0404 885717 - jillandbery1@optusnet.com.au
- ◆ FB Editor - Nicky Jones-Hutt - 0407 477398 <http://www.facebook.com/colliewesternridingassociation>

Cont.

Moving forward coming up in May we have the NRHA riding/show performance clinic with Rod Osbourne. We have been fortunate enough to have had Rod visit us several times before both as a judge and clinician. Rod is a very accomplished competitor and an accredited NRHA Judge plus he has an excellent way of explaining both his methodology as a trainer and what he looks for to plus your manoeuvres'. Like all good clinicians Rod will also work on any non-Reining horse issues that you may have. All riding positions are now taken and as always there is a reserve list if you're lucky and someone else is not. However, there are an almost unlimited number of fence sitting spots available so why not come and improve both your skills as a reining horse trainer and competitor from the comfort of the canteen by asking well timed questions to Rod while the people fortunate enough ride do so. We hope to see you there for another friendly and successful weekend. A very warm welcome to all our recent new members, we are glad to have you with us and welcome to the Club, and on a personal note thank you to everyone who wished me well during my recent ill health, it was sincerely appreciated.

Looking forward to seeing you all at the club

Best regards,

Heath

SECRETARY REPORT

I'm back! Thank you to everyone especially Liz for doing the secretary role while I was moving to our new property and having much needed time with my family.

Over the past 3 years we have asked our members to support us as we run more events, which you all did.

However, this took its toll on our volunteers. So, as this year is the year of "the volunteer" we have tried to schedule the years events so we don't have consecutive weekends at the club. We pride ourselves on great events, great arena and most of all a great community.

One of our fantastic events was the State Show in November. I hope everyone had a terrific time. This year we will be nominating a State Show Committee who will work on sponsorship, planning and setting up the event.

In two short years the show has grown substantially and to continue our growth, making sure we don't burn our volunteers out, we will be extending the workload. Please contact me if you wish to assist in this committee.

Research is taking place regarding CWRA becoming an affiliate of the RHAA (Ranch Horse Association of Australia). This will open many opportunities up for the club. I will keep you all informed when I have all the information required for us to make a decision.

Also, a reminder the next club day will be the annual Easter Egg Hunt! Donations for easter eggs welcomed. Bring along the kids and anyone that likes chocolate.

Look forward to returning to the secretary role and having another wonderful year!

Take Care
Marie

NATIONAL REINING HORSE ASSOCIATION
Oceania Affiliate Council Meeting Minutes
Conference Call
March 2, 2023

Approval March 9, 2023

Members Present: Lyndon Hale (Chair), Wayne Hinder, Todd McCormick, Michele Delbridge, Pam Watson, Tim Shelley, Matt Charles, Greg Garland, Marie Wetherell

Guests Present:

Members Not Present: Heath Whiteaker, Elisa Reuter

Staff Present: Samantha Oldfield

Call to Order

Meeting called to order at 7:02PM AEST- 3:02AM CST

Introduction of New Council Members

New Council members are asked to introduce themselves to the Council.

NRHA Oceania Council Bylaws Review

The Council review the Oceania Council bylaws and the language added to include NRHA Board of Director Oceania seat selection. Amendments to the edits are asked in the following:

- Clarify that if the Board of Director seat-holder is separate from the original Council members, this individual will not have a vote on the Oceania Council and will be present for conversation only.
- Edit the language to make clear that the Board of Director seat holder will be reviewed and voted on by the Council.
- Edit "all nominees" to "The Board of Director seat hold".

Samantha Oldfield will update the bylaws and present them at the next meeting for voting by the Council.

2024 NRHA Oceania Affiliate Championship Request For Proposal

The Council are requested to review the request for proposal (RFP) for the 2024 NRHA Oceania Affiliate Championship before NRHA staff circulate it to the membership.

There is conversation that a multi-year location would help the event grow and give breeders and trainers confidence in the event. There is discussion that a multi-year bid might be financially difficult for an affiliate to consider.

This topic will be discussed at the next meeting. Prior to, Samantha Oldfield will create a document with the following questions for each affiliate liaison to take back to their affiliates to discuss:

Should the location of the Oceania Affiliate Championships maintain a position at a location for at least two-years, or is rotating locations year to year more palatable?

What is the core focus of the Oceania Affiliate Championships? Is it the OAC classes, the aged events- where do the members want to see the focus highlighted on?

2023 NRHA Oceania Affiliate Championship Conditions Clarification

NRHA staff ask for clarification on the 2023 NRHA Oceania Affiliate Championship Conditions in terms of when the cut-off for qualification is. The conditions reference competing at least once 12-months out from the Championships; however, qualification lists need to be provided to the host 45-days out.

It is inquired to the Council if at this time any affiliates are planning on hosting NRHA-approved events between June 22nd and August 6th (which is 45 days out from the event). It is clarified that there are events planned in this timeframe. The secretary for the 2023 Oceania Affiliate Championships clarifies that she does not need the qualification lists 45 days out, and that 20 days out is appropriate. This would move the cut-off date to July 17th for events in the Oceania region to count towards qualification for the 2023 NRHA Oceania Affiliate Championships.

A motion is made to update the Oceania Affiliate Championship conditions from the qualification lists being provided to the host of the event 45 days out to 20 days out. This motion is seconded, and all are in favor. Samantha Oldfield will update the conditions accordingly and will post the cut-off date for qualification of July 17th so it is clear for everyone.

Rule Change Proposal Review

The Council reviews the 2024 NRHA Proposed Rule Changes and provides their official feedback.

20-1-24: Support- unanimously- however understand that how it can be tested is still a topic for discussion.

37-1-24: Do not support- unanimously.

42-1-24: Support- unanimously.

47-1-24: Support- unanimously.

54-4-24: Do not support- unanimously. Higher added money brings in more competitors, and with the limited number of judges in the Oceania region, the majority of them will have conflicts of interest which will lead to judges from other regions of the world having to be flown in. The cost to do this is insurmountable for many Oceania affiliates, especially if 5 judges are required.

61-1-24: Support- unanimously.

66-1-24: Support removal of requirement, amend to include that the champion of these \$2,000USD added classes can purchase the trophies should they wish to have one as noted on page 66. M. If a show does not offer NRHA awards, class winners may purchase the official trophy from NRHA. Only the costs from NRHA trophies can be deducted from payouts. Unanimous.

132-1-24: Support- unanimously.

TBD-1-24: Do not support- unanimously.

South African World Youth Reining Cup Delegate Discussion

NRHA South Africa has requested the Council review the applicants for the World Youth Reining Cup for South Africa. The Council will take their time to review the applications set before them, and Samantha Oldfield will send out a poll that the members can respond with the delegate they feel is most appropriate for the 2023 World Youth Reining Cup. South Africa as a vote has abstained due to their proximity to close delegates.

Next Meeting

The remainder of the agenda will be moved to the next meeting. Next meeting is scheduled for May 4, 2023.

Meeting adjourned at 9:02PM AEST/ 5:07AM CST.

Rhythms and Routines

Become more confident in your riding by training yourself to stay positive during your ride with help from Van Hargis.

BY VAN HARGIS, WITH ALLISON REHNBORG | NOVEMBER 29, 2022 | 5 MINUTES READ

When I present at horse expos, the topic of confidence comes up a lot. People will ask me how they can deal with their fear and anxiety, and they'll ask for help with training their horses. But the reality is that we don't train horses when we're trying to make confident riders. We train people to become more confident riders.

Building confidence is a matter of training yourself to feel more confident. Like with any other kind of training, being confident is about practicing your confidence. We can practice confidence in the way we breathe, the way we handle negative emotions and negative thoughts, the way we manifest our confidence, and of course, the way we ride.



Every gait has its own rhythm. Work on establishing a rhythm with your horse at the walk, jog, and lope.

Establish Your Rhythm

When I'm working with an anxious rider, the first thing I do is ask the horse and rider to start walking. Then I start talking or singing to them, because I want them to get into a rhythm. Why is rhythm so important? Think about it. The world exists in rhythms. Everything we do happens in a rhythm or in a routine. Rhythms and routines create predictability. Predictability gives confidence to people and horses.

You don't get into rhythm with your horse. You establish the rhythm and hold your horse accountable to your rhythm. That's because you're the leader. Horses need confident leaders so that they too can feel confident. If you can confidently ask your horse to walk forward into a four-beat walk rhythm, then you're already well on your way to becoming a confident leader in the saddle.

Saddle Rhythm

The easy thing about experiencing rhythms on horseback is that your horse moves in rhythms, so it's easy to establish a starting rhythm in the saddle. Ask your horse to walk and feel that easy four-beat rhythm. Start swaying to that rhythm and thinking about it as you ride. It's easier to relax, isn't it? You're no longer thinking about what might happen or whether your horse might spook. And you're in rhythm together and you're in the moment together. You're training your brain to be present and to operate within a rhythm, and now you can predict what's going to happen next. And when things are predictable, your confidence increases.

Focus on finding and riding the rhythms at every gait. Purposefully set each rhythm and focus on it. As you become more confident at each gait, you'll start to recognize when the rhythm falters or changes unexpectedly, and that change can become an early warning sign that your horse is about to spook or perform a behavior you didn't ask for. You'll find yourself becoming more proactive, rather than reactive, to your horse's movements. That's the mark of a confident rider.



Building confidence is a matter of training yourself to feel more confident. If you can manifest your confidence, your riding will improve.

Keep It Simple—And Breathe!

Gaining confidence is not a linear process. In the process of gaining and practicing your confidence, there will be moments where you falter and need to slow things back down. That's okay. We all have to do that. When you find yourself in those valleys, here are two things to remember.

First, keep it simple. Riders who struggle with their confidence need to keep it simple. Keep anything that you're doing so simple that you've got all the confidence in the world that you can do it. Once you're doing a simple exercise in a good rhythm, and you're doing it well and confidently, then you can push the envelope. Advance from the walk to the trot, or from the trot to the lope. But don't expect that anything you're struggling with at a slower gait is magically going to be easier at a faster gait. I was doing a clinic once with Bob Avila, and he said, "Every time we gain speed, we lose about 35% of the control that we thought we had." Why would you keep going faster if you don't feel in control? If you don't feel in control, you aren't going to feel confident. Slow it down. Go back and regain your confidence. And once your confidence is back, don't just sit there. Push the envelope again. And before you know it, you're changing the rhythm again. And this time, you might be ready.

Don't Forget To Breathe

Second, breathe. When you get nervous, you start taking shallow, nervous breaths. Then you tense up—and if you're horseback, your horse feels that. You develop tunnel vision, and you lose track of what's around you. Suddenly, there's no rhythm anymore. If that happens and you're having trouble, stop your horse and focus on your breathing. I like to ask nervous riders to pick their favorite song and start singing. I'll usually start them off with the one about how my bologna has a first name. I do that one for a reason. It makes everybody laugh, and it's hard to be scared and anxious when you're laughing. Laughing and singing make you breathe. When you breathe, you're back in rhythm. Your body relaxes. Your vision returns. And your horse can feel all of that. And then you can start establishing control again.

Manifest the Confidence You Want to Feel

I think it's important to think about positive things. Just like feeling confident, this requires practice. Whatever you focus on the most in life is what you tend to get—so if you focus on what you don't want, guess what you're going to get. That's the hardest part about being an adult rider who lacks confidence, because we tend to think a lot about what we don't want to happen, and those are usually negative things.

Think about this. If you're on horseback and you're scared, you're probably scared because you think your horse is going to run away with you. If you keep focusing on that, guess what's going to happen? You're going to stop breathing, tense up, and get scared, and your horse is going to feel that, tense up, and get scared, too. What do horses do when they feel scared? They run away.

Instead, if you're on horseback and you're scared, decide on a simple course of action. Ask your horse to walk. Walk where? Left. You've established the rhythm and the direction. Now, keep going. Give your horse and yourself more and more positive things to think about by practicing the things you both already know how to do. And now, you're not scared anymore. You're calling the shots. You're being proactive. And you're confident.

LEARN TO REIN

With NRHA Professional

ROD OSBORNE

5th, 6th and 7th May

- ★ Ever wanted to try reining?
- ★ All ready reining and want to improve your score?

**The weekend
will cover**

- Rider aids, cause and effect.
- The Training Scale.
- Rhythm, Tempo, Suppleness, Relaxation
- Critique manoeuvres

**This is a weekend
not to be missed!
Come and learn
all things reining
direct from a
NRHA Judge and
Professional**

\$360 each rider

Limited places available!

Fence sitting is Free



COLLIE WESTERN RIDING ASSOCIATION

**EASTER
EGG HUNT**

1st April 2023





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!

***MARCH — Jill, Janet, Glenn, Hugh, Vetty, Evelyn,
Darci, Linda, Brad, Serena & Ava***

APRIL — Jim & Midge

IMPORTANT NEWS AND COMING EVENTS..

- ◆ The May show preparation clinic with Rod Osbourne is now full but fence sitting is free. And everyone is welcome.
- ◆ Thank you to Premier Coal for our successful grant. This money will be used to add more yards where the old Ag Society yards are currently. We will be having a busy bee to remove the old yards.
- ◆ The March Reining and Ranch show had 21 horses competing with the Ranch component growing rapidly. This is promising for the newly formed RHAA (Ranch Horse Association of Australia) which we are in talks to become an affiliate of.
- ◆ If you are interested in helping with show organisation or sponsorship please contact either Liz or Marie. Many hands make light work.
- ◆ A suggestion was raised at the meeting that we could try a different format for club days next summer with a proposed early morning start. Any suggestions can be brought up at the next few meetings for consideration.

Until next time,

Jill

NEWSLETTER
CORRESPONDENCE TO:

JILL HUNTER
CMB COOKERNUP
COOKERNUP, WA 6219

PHONE: 0404 885717
E-MAIL: jillandberyl@optusnet.com.au
www.colliewesternriding.org.au

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



DATES TO REMEMBER

APRIL

- | | | | | | |
|---|------|----------|-----------------|-----|-----------------|
| ◆ | 1st | Club day | Easter Egg Hunt | 1pm | Jill |
| ◆ | 15th | Club Day | | 1pm | Robyn & Melissa |
| ◆ | 29th | Club Day | | 1pm | Marie |

MAY

- | | | | | | |
|---|------|-----------------|--|---------|------|
| ◆ | 13th | Members meeting | | 12 noon | |
| ◆ | 13th | Club Day | | 1pm | Mick |

