



## This Issue:

Whangarei Group RDA  
Outward Bound by Sarah Piper  
New Chair of NZRDA  
Hastings Group RDA  
Whakatu Group RDA

## Supporting NZRDA

Come support Stephen James as he participates in the Adidas Auckland Marathon 2011 in an effort to raise funds for New Zealand Riding for the Disabled Association Inc.

He has set up a web page at:

[www.fundraiseonline.co.nz/spjaklmarathon2011/](http://www.fundraiseonline.co.nz/spjaklmarathon2011/)

## Thank you to our sponsors



## From NZRDA

This past month has provided the opportunities to be able to get out of the office and into five RDA Centres. Recently I travelled to the Napier Group RDA to attend a Special General Meeting and meet with the committee of the Group. I was also able to travel to attend the opening of the Bay of Islands RDA's new facilities. This was a wonderful event with great support from the Community. I know that the new site will provide for their immediate needs, but that they have plans, big plans! This Centre is not about to let the grass grow under their feet and they are wanting to develop their current new site into something even better. With the great team that they have there I know that this will happen.

Recently, we were able to provide an induction day for our newer Board Members (Stephen James, Gavin Whiting and Chair, Sarah Haydon) in Wellington. Naturally this involved a visit to both the Wellington and Hutt Valley RDA's, to see two Centres in action. We even managed to get them all on a horse to experience our work first hand (thanks Jo for being so insistent).

On Monday 26th September the Board met at Totara Park RDA and was able to see their newly completed arena. Naturally they are justifiably proud of this welcome addition to their facilities.

Riding for the Disabled has a proud tradition in NZ and we are all aware of the programmes that we undertake and the opportunities that exist to expand on our core-business. We know that a number of Centres are grabbing the opportunities to widen our therapeutic programmes to assist the "riders" that come to us.

In the coming weeks we will be contacting you all to find out the range of services that you are offering, defining the programmes and how you ensure that you are delivering on the promises that you make. At the heart of this, we all have to recognise that we are accountable for the work that we do and to ensure that we can audit and review its effectiveness and safety.

Work is nearing completion of the NZRDA Directory. Always a big job, but we know that you all make good use of the information that it contains. Work is continuing on the Resource Manual as well, I know that it already contains some new policies (including Social Media and NZRDA Group Assistance) and changes to some of the forms, especially Police Checking which is now purely electronic.

Thank you to all the people that have sent in the names of our longest active volunteers in RDA Groups. There are at least two that we know who have been with us for over 35 years (without a break). This is a stunning achievement and says remarkable things about our volunteers and the value you see in RDA Programmes.

Each month I will be reminding you all about Riding for the Disabled celebrating 50 years of operation in NZ. This is not NZRDA (which will turn 40 next year) but RDAs at grass roots. RDA was established in Waipukurau in 1962, so this 50 year celebration is about you all and I hope that ALL RDA Centres will be sending at least two attendees to Wellington in May 2012. It would be hard to celebrate without you.

Guy Ockenden  
Executive Director



## Whangarei Group RDA

We here at Whangarei RDA used to spend a fortune on chemical aerosol sprays to make sure our helmets were free of head lice. We have 92 riders over a 4 day week so our helmets are on and off all day. I was buying a can every 2 weeks at a cost of \$23.95 per can. Our local chemist informed me of a new natural product di-amotaceous earth. It is a powder you sprinkle into the helmets once a week and it has been amazing. We were all sceptical at the start of the trial period, but we have all agreed it has been brilliant. We also sprinkle it in the boots we use for anyone who needs to borrow a pair and we are very pleased with the results. We have had no complaints from parents about their children having nits, and as it is odourless the riders do not even know it is in there. We were given a 1kg bag at the beginning of Term 2 and have used maybe a 6th of a bag in the entire term. The cost is \$29.50 for 1 kg bag, so it is very cost effective. For anyone interested the website for our supplier is [www.denz.co.nz](http://www.denz.co.nz) and they will be happy to answer any questions you may have.

*Sue Neilson*

*Whangarei Group RDA*



## Outward Bound - Sarah Piper

“One of the best things I’ve ever done and one of the most amazing experiences I’ve ever had”.

As one of the people who was awarded one of the Outward Bound scholarships offered to RDA volunteers I just wanted to say how hugely grateful I am for giving me what I eventually realised was one of the best things I’ve ever done and one of the most amazing experiences I’ve ever had.

When I first heard about the scholarship I actually brushed it off, but after some encouragement from my family I applied, and I am so glad I did. Admittedly I never really looked forward to the course as I was so scared of just how hard it was going to be, not to mention how long it was, but long story short after three weeks of pushing my limits and accomplishing so much and bonding with the people in my group who became my second family, I went from the person who was counting the sleeps until I could go home to the one who didn’t want to leave. I got home and as nice as it was to be back and see my parents, siblings, cats, dog and horse (who I’d only bought two weeks before OB) I was homesick for Anakiwa and that other family I made. In fact coming back home to recuperate afterwards, despite being tired and sore, I felt so strange to feel like that (quite common at OB!) but not be actively doing everything and “making the most of the daylight hours”!

On Outward Bound I learned my real limits and that staying in my comfort zone meant I couldn’t experience everything that I had the opportunity to in life. I realised that it was my unreasonable fears holding me back at everything and whilst it took a lot of convincing initially I realised I can push myself and I achieved so much more than I ever thought I could once I did.

Already I am looking at life differently. Things that used to scare me are now a new challenge that I want to do, and I am more confident in myself and my abilities and meeting new people or being put in new situations is easier now.

So thank you for this incredible opportunity I was given and I hope these scholarships are available for other RDA volunteers for many more years to come. Considering I’m the last person I thought would end up enjoying the course or recommending it to others I know how much it can change people for the better and give them such a varied, different, beneficial and incredible experience.



## Hastings Group RDA

Hastings Group RDA hosted 3rd year Medical Students from Massey University on Wednesday 24th and Thursday 25th August as part of their Community Contact Week. They observed our riders for the morning and talked to parents, caregivers and teacher aides. They also all had hands on experience with Petra trying some of the riding positions we use.



Zaireen, Joel and Ashwin from Massey University visiting Hastings Group RDA

## New Chair of NZRDA



At a recent meeting of the NZRDA Board, Sarah Haydon was appointed as Chair in addition to her role as Treasurer of NZRDA which she took up in October 2010.

Sarah is the Vice President of the Auckland Eastern Suburbs Group RDA, having joined the Group in 1994 and becoming their Treasurer eight years ago. She is also a trustee for the Joan Beca Memorial Trust and Treasurer for the Auckland Region RDA.

Currently, Sarah has a temporary role as the CFO for OfficeMax Australasia, requiring her to work in Melbourne several days each month. This follows on from ten years as the CFO for OfficeMax New Zealand Limited. She is also a director of AsureQuality Limited, one of the state owned enterprises and a trustee for the R&E Seelye Charitable Trust.

Sarah lives in Parnell with her husband Ray, a well known sculptor. Having completed the renovation of their home, they are now developing the garden, a labour of love already two years in the making and with several more to go.

The Board wish to express their sincere thanks to Cilla Bell for her short spell as Chair since Joy left.

## The Hellenic Association For Therapeutic Riding (ELETHIP)

The Hellenic Association For Therapeutic Riding (ELETHIP) organises a four-day international seminar of therapeutic riding – level I.

- Date** – 12th to 15th December 2011, 9.00 to 18.00 hours
- Place** – Athens, Greece
- Venue** – Markopoulo Olympic Equestrian Centre
- Tutors** – prof. Ann O'Shalie (USA)  
Gisela H.Rhodes, Executive Director FRDI (USA)  
Irene Kapari, PT NDT-Bobath (Greece)

For further information or registration forms see the following website [www.elethip.gr](http://www.elethip.gr) or contact Irene Kapari [info@elethip.gr](mailto:info@elethip.gr)



Above: For some entertainment they were all taught how to throw a lasso by our multi talented volunteer Trev, our riders love having a go at this and Trev is pretty good at catching them too.



Above photo shows Zaireen having her first ride on a horse.

## Congratulations

Ruth Holmes from Hastings Group RDA and Helen Wright from Richmond Group RDA who have both completed their National Certificate in Equine (RDA Coach).



*Pokey and Dinky enjoying birthday cakes.*

**Back by popular demand..**

**Bad Joke Corner**

*Did you hear about the reporter who put a torch in his mouth?*

*He wanted the inside story.*

## Whakatu Group RDA

It is with great sadness that my horse 'Pokey' was laid to rest, Friday 19th August at Whakatu Group, in her 13th year of being an RDA horse. She suffered a major seizure 3 weeks previously and was daily having little ones. She looked very tired and after laying down would have several attempts to get back on her feet.

'Pokey' and our little mascot 'Dinky' celebrated their 25th birthdays on the 1st August.

They had a hard feed cake on a tray, with their names in apple slices on the top.

Pokey came with me from Hamilton, being one of the founding Ride-Hi Therapy Group horses. She was, 15-2hh Station Bred x Quarter Horse, and was loved by all that rode or worked along side her.

Very gentle, kind loving nature and so safe with all ages to groom and lead her.

Special Olympic riders at Ride-Hi competed and learnt how to ride dressage on her.

Pokey was a very special horse, workmate, friend and I will miss her gentle nickers when I go to the paddock each morning.

This poem says it all;

If it should be that I grow frail and weak  
And pain should keep me from my sleep  
Then you must do what must be done  
For this last battle can't be won.

We've had so many happy years  
What is to come can hold no fears  
You'd not want me to suffer so  
When the time comes to let me go

I know in time you too will see  
It is a kindness you do to me  
Though my tail its last was waved  
From pain and suffering I've been saved

You will be sad I understand  
Don't let this grief then stay your hand  
For this day more than all the rest  
Your love and friendship stand the test

Take me to where my needs they'll tend  
Only stay with me until the end  
And hold me firm and speak to me  
Until my eyes no longer see

Don't grieve that it should be you  
Who has to decide this thing to do  
We've been so close we two these years  
Don't let your heart hold any tears.

Rest in peace my friend, you have served RDA well,  
we will all miss you.

You are at rest now with your man 'Jock' run play  
in the fields with him, 'Foxy' and 'Candy'.



*Pokey with rider Tony who rode her 3 times a week*

Unit 1, Lakeside Centre  
Discovery Drive  
PO Box 58 110  
Whitby  
Porirua 5245

Phone: 04 234 6090  
04 234 6091  
0800 4 NZRDA

Fax: 04 234 6094  
E-mail: [admin@rda.org.nz](mailto:admin@rda.org.nz)

Facebook: Nz Rda  
Twitter: @NZRDA



**New Zealand Riding for the Disabled  
Association Inc.**