

# TRAIL TALK

2018 - March Edition



## WHAT ONE NEW MEMBER SAID

*"I had a wonderful time and am looking forward to attending a couple of Nervous Nellies to build fitness and confidence. My youngest daughter has ridden nearly every night this week to prepare herself and horse for joining up too. Thank you for making the girls feel so welcomed."*



## WELCOME TO NEW MEMBERS

Kim Barker  
Rafferty Bowman  
Erin Bylsma  
Megan Conn  
Nicole Cranston  
Hocking Wendy  
Ian Knox  
Meredith Buncle

Shaye Metcalf  
Wendy Neal  
Lois Prodger  
Trudy Ryan  
David Wallace  
Madalen Webster  
Kate Knox  
John Austin

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*"Our Club Logo is locked in. Club Merchandise is on the way, with car and float stickers, caps, shirts and more to come."*

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## ANNUAL GENERAL MEETING

### Newly elected Committee and Office Bearers

President/Secretary – Alan Salter  
Vice President – Erica Muir  
Treasurer – Natalie Scholten alias "Bevvy"  
Committee members  
Membership and Merchandise Officer – Lloyd Fletcher  
Newsletter Editor – Julie Madin  
Kim Sinclair, Ron Eddy and Mick Thompson

# GENERAL INFORMATION

## EXTREME WEATHER POLICY

The subject of Extreme Weather was raised and discussed at the Club's recent AGM, and it was unanimously agreed that Rides and Events will be automatically cancelled on Days of Total Fire Ban.

The importance of all participants nominating for all rides and events was emphasised. Nominations are required so ride officials/organisers can contact nominated riders in the event of other apparent or predicted "*extreme weather phenomenon*" such as strong or hazardous winds, electrical storms, heavy rain, snow, etc. Cancellations may be initiated because a planned ride route has been subjected to fallen trees, flash flooding, landslips and similar. (PLEASE NOTE: Nominations will only be received by the Secretary or nominated ride Coordinator via the email and mobile number shown on the ride flyer. **They cannot be made via Facebook.**)

The Committee has determined that if extreme weather conditions are forecast for the day of a scheduled ride or event, it is the responsibility of each individual nominated member to contact the Club (Secretary or Ride Coordinator) to confirm if the ride or event is still proceeding, or if details have been changed. Of course the Club will make every effort to ensure that nominated riders are kept informed of changing situations.

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## IMPORTANCE OF DUE ATTENTION TO RIDE ATTENDANCE REGISTERS

(Filling in correctly with all details) Please ensure that you make every effort to sign the attendance register at every ride as soon as you arrive. This saves someone chasing you before ride out. Please also ensure you enter an emergency contact telephone number, this is for your benefit in case of an emergency. Your property identification code should also be entered (if known), keep a record of it in your phone as a memory prompt. Finally please enter the \$amount for the ride fee you have paid. If there is no amount shown it will be assumed that you owe the club for that ride fee. Your co-operation in all of these issues will save club volunteers a lot of work getting records completed and balancing the monies taken.

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## RIDE REPORT – THURSDAY 8/02/18 GRENVILLE NERVOUS NELLIES

For my first ride with the Ballarat Social Trail Riders Club, I couldn't have asked for anything better. It was Thursday the 8<sup>th</sup> of February and I had signed up for a Nervous Nellies ride. The forecast was a hot day but not too hot, basically a great morning for a ride.

We all met at Kate and Ian Knox's property in Grenville. I was first to arrive, being the eager one, and not too sure on how anything worked, I really wanted settle my horse (Moe) but mainly myself!

Everyone arrived, saddled up, we had our pre-ride muster and then we were ready to go! We wandered off through the back of Kate and Ian's magnificent property, past the dam, through the gate to the bush.

We went on thin tracks, wide tracks, dirt road like tracks, cut straight through at one point. Up some undulating bushland, over a few small logs, a big one too. We were lucky enough to see some lovely views. We were riding for about two and half hours.

We got back to Ian and Kate's property, unsaddled, washed down our horses and headed to the shade of a tree on their front lawn for lunch.

It was a fantastic day. Everyone made me feel so welcome. Massive thank you for Kate and Ian Knox for hosting! I am looking forward to the next ride!

Trudy Ryan



## RIDE REPORT – SUNDAY 18/02 LINTON TO CLARKESDALE BIRD SANCTUARY IN HAPPY VALLEY - NERVOUS NELLIES

7 Riders attended the Linton Recreation Reserve. The morning ride took in 14klms on the bush roads and fire tracks. There was ample opportunities for walking, trotting and cantering. We arrived at the Bird Sanctuary around 12.30pm for lunch.

First class facilities surprised us including toilets, a shower and park like gardens. Tree belts provided shade and safe areas to tie up our mounts. We were met by one of our members Megan Conn, husband Mick and their two daughters, Tameeka and Makayla. Both young girls have ponies and are keen to join our club in the future. Mick also has a pony but not as keen to ride as the girls.



The family live a short distance from the sanctuary and have offered to host a future ride. Megan and her pony quickly befriended the riding pack and enjoyed a casual ride via the rail trail for the 4k return to Linton.

A huge thanks to Julia Young who sign posted the entire route, unfortunately due to family illness she was not able to ride herself. Hopefully all goes well for her hubby. Thanks to Lloyd for leading and Carli for riding drag and capturing the highlights on her head cam. Thanks also to Lois for looking after the floats and cars etc.

Fantastic ride enjoyed by all.

Ron Eddy

## RIDE REPORT – THURSDAY 8/03 LINTON - NERVOUS NELLIES

8 of us met up at Julia Young's lovely property at Linton for a leisurely bush ride. The weather was predicted to be over 30 degrees so it was decided that we would ride out and have lunch together back at the floats instead of a saddlebag lunch on the trail.

It was great to welcome Nat Strachan back after a long break out of the saddle, and to meet her beautiful new mare. We also welcomed Megan and Tracey as a couple of new members.

We meandered through the bush for a few hours, chatting and catching up with each other.

The weather was perfect, the company was great, and I'm sure Julia thought she was getting us lost at times but we were none the wiser!! We were just happy to be out and about on our noble steeds! We returned to the floats and all sat on Julia's big shady veranda for a bite to eat and to talk about getting out for our next ride!

Thanks all for a lovely ride!

Natalie Scholten & Macca



## CLUB LOGO & MERCHANDISE UPDATE

Hi All, By now you will have noticed at the top of our new look newsletter that the club now has an Official Club Logo, the committee has been working on the design for some time now and it is now finally finished, having completed the design of our club Logo we will now begin to have club Merchandise available, I am currently working on having decals printed in both Large (*float size*) & Small (*car size*) these will be full colour Digitally printed and laminated, estimated cost will be \$10 Lge & \$5 small, the committee has also decided on a club cap and will have them available in the very near future at an estimated cost of \$15, these of course will have the full colour logo embroidered on the front.



Polo Shirts, Jackets & Polo Fleece tops etc; are also being looked at, at this stage, for financial reasons we will only be carrying the decals & caps in stock, other merchandise garments will be obtained as orders come in, the committee has also decided that if members wish to supply their own particular garments the club will have the club logo embroidered on them for a cost of \$10 as long as the garment supplied is of the clubs official colour of Royal Blue, no exceptions with this as we want to keep a uniform look for our club (*if in doubt about suitability, please discuss before you purchase any items*), it was also suggested at the AGM that some members would also like to have their names embroidered on the opposite side of the club logo on their Polo Shirts, Jackets & Polo Fleece tops etc; this is possible for roughly \$6 to \$7.

If members have any suggestions on a particular product they think would be suitable for our club merchandise please let me know your thoughts, I would need Brand, Model number and any other useful information so I can research cost & availability.

The Committee sincerely hope you ALL like our Club Logo and will display it proudly.

Lloyd.

# 8 REASONS WHY RIDING AS AN ADULT, MEANS YOU'RE A BADASS !

You know it. I know it. Your trainer and even your horse know it. Riding is not a sport for the faint of heart. It's a constant grind of pushing yourself to new limits; a seesaw of failure and success. We've all had someone say the inevitable "But, don't you just sit there?" Next time someone questions your toughness, show

## 1. OVERCOMING YOUR FEARS:

Let's face it, maybe as a kid you were brave, bounding over hill and dale and brush fence on a half-broke pony, but there is a good chance that as you've grown older, you've become increasingly aware of the dangers of the sport (and increasingly aware of your own mortality). Any-time you're around horses, you know you are one fly stomp away from another broken toe, or one long spot away from saying hello to the earth with your own face. With age comes experience, and with experience comes being aware of every single thing that could go wrong at any moment. The fact that you're still out there, doing what you do in spite of that fear makes you one tough cookie.

## 2. YOUR INABILITY TO BOUNCE:

Have you ever seen a kid take a tumble off a horse? They look like they are made of rubber. Sometimes they even bounce high enough to land back on their feet. And you can bet they're scrambling right back up on that horse before they can even think about what happened. When you grow older, your body and your reflexes change. In short, you bounce less, and you thud more. It takes a few more minutes to gather your thoughts and your internal organs after you splat, but your ability to do so (again and again and again) means you've got the heart of a lion. Or possibly a rodeo clown.

## 3. EVERYTHING HURTS:

Does muscle soreness happen when you're a kid? If it does, surely it doesn't happen in the same magnitude as it does to adults. If kids felt half the post-ride-soreness of a middle-aged adult, you wouldn't see so many kids gallivanting bareback or stirrup-less around the arena. When you're an adult rider, you pay for that sitting trot lesson in two ways: with money, and with your ability to walk straight. Go get'em tiger.

## 4. EXPENSE:

Kids and teens don't always understand how expensive this sport can be, but adults surely do. You might calculate the cost of new trailer tires in hours of work, or you might think of that vet call in terms of how many lattes you'll need to skip this month. But it all adds up to make you appreciate each moment even more. You're working your tushy off for something you are truly zealous about, and that makes you one cool cat.

## 5. THE SOCIAL ASPECT:

We've all told a new friend that we ride horses; only to see the look on their face that says "Oh, great, another crazy horse lady." You may be proud of what you do, but no one can deny there exists a social stigma against horse riders. You may even fit into the stereotypes with things like a car full of hay, showing up to work with slobber on your shirt sleeve, or a phone background of you and your gelding frolicking in a field of daisies together. Own it, sisters and brothers. You've got a hobby you take seriously while other adults are doing boring things like golfing, so sing it loud and proud.

## 6. THE SHAME GAME:

Speaking of embarrassing moments...there is a chance, a slight chance, that if you like horses, and you like riding, and you like both enough to be reading articles about them, you're a tiny bit obsessed. That's ok. I am too. You might be the same horse crazy little girl you always were, eating up whatever information you can get your hands on. This might even include, say, some children's horse shows, or some really bad movies on Netflix. You might even have all the *Saddle Club* books on your bookshelf. There's no reason to be ashamed, or to keep your accounts totally separate from your loved ones so they don't make fun of you. (Not that I know anything about that...). It just means you have a thirst for everything equine, and you're meeting your need however you can. You have a pastime you're so into that you risk total social embarrassment. That's not insanity, that's passion!

## 7. THE WORK/LIFE/HORSE BALANCE:

Maybe you have kids. Maybe you have a serious job. Maybe you have both and also a really needy cat. Whatever way life is pulling you, it's hard enough to focus on all parts of it, even without a time-consuming hobby like riding. We all know that just going to the barn becomes some sort of weird time vortex, where "just an hour" multiplies into three. Balancing everything and not ending up homeless, divorced, or just plain crazy means you have some mad skills.

## 8. YOU WILLINGLY SIT ON A FURRY TODDLER:

Someone once asked me how smart my horse was. "Take a four-year-old toddler," I said to that person. "Now make that four-year-old a THOUSAND pounds. And cover him in hair. That is the mental and emotional stability of my horse." Any given day, you strap a chunk of leather onto a giant animal and then you sit on that animal and try to convince him to go against every instinct he has to run from scary things like plastic bags. Or a jacket on a fencepost. Or possibly a large shadow. And then you ask him to do things like turn in circle, or go *over* sticks instead of around them. Maybe you ask him to face off against a cow, even though there's really no reason in the world he shouldn't fling you off his back and run for the safety of the hills.

The fact that you do this out of choice, that is the ultimate badassery right there. So the next time you feel down because you're not cool, or you're not adventurous, or you're not something you think you should be, just remember. For a lot of different reasons, every day that you choose horses, you are a total badass.



### Contact Us

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### **HAVE MORE TO SAY?**

Sure, this is a Newsletter, not a novel, and we want to keep it short, sweet and informing without bogging you down. If you would like to sell or say something that is of interest to members, please let us know and we'll give it our best shot.

Our Ride Calendar is attached for your information and as you can imagine we are always looking for new and interesting places to go. If you have any suggestions or would like to host a ride, please free to contact Alan directly.

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*“This is your Club. Together we will make it  
the best ever experience for you, our new  
members, and our horses.”*

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