



# NagNagNag Bits

September/October 2011

NAGNAGNAG TRAIL RIDING INC,  
508 Sackville Road, EBENEZER NSW 2756

Website: [www.nagnagnag.org.au](http://www.nagnagnag.org.au) Email: [info@nagnagnag.org.au](mailto:info@nagnagnag.org.au)



Club Meetings are held on the 1<sup>st</sup>  
Tuesday of each month at 7.00pm

Venue:

**Bird in Hand**  
**Bathurst Street**  
**Pitt Town NSW 2756**

All members are encouraged to  
attend!

Next meetings:

7.00pm Tuesday Sept 6, 2011

7.00pm Tuesday Oct 4, 2011

## NNN Committee

President: Suzi Deryk

Vice President &

Fundraising: Marcello Scali

Secretary &

Newsletter: Kerry Miller

Treasurer: Lindsay Sturman

Membership: Keren Lavery

Website Designer:

WebTrend Designs

[www.webtrenddesigns.com.au](http://www.webtrenddesigns.com.au)

Website Content Editor:

Suzi Deryk

General Committee: Keren Lavery,  
Glenn Denny, Libby Evans,  
Colleen Carrington, Colin Sullivan

If there is something you wish to  
raise or provide info on, please use  
our restored contact email  
address:

[info@nagnagnag.org.au](mailto:info@nagnagnag.org.au)

## President's Report

*Hi Everyone!*

Rain, Rain, Rain go away so we can ride! Unfortunately we had to cancel our July ride at Hidden Valley due to too much RAIN. This is such a beautiful place and we will rebook it some time in the near future.

What's been going on since the last newsletter?

"Camp Wollomi" – this was a gr8 day out. We had 11 riders and we were really lucky it didn't rain! LOL! A big thank you to Cheryl for organising this beautiful ride through scenic St Albans — check the ride report for pictures and details.

Coming up we have our Bilpin day ride which I am sure you will all enjoy. We will be based near the Fruit Bowl so bring some extra money for a really yummy home made Apple Pie!

Not too much to report this month — working on some rather exciting new rides for later this year, so that's all from me for now.

Check out the ride calendar to see what else is coming up!

Oh—PLEASE follow the link to out NNN Survey, and tell us a thing or two!

Looking forward to riding with you all soon.

*Suzi :)*



**Please note—we have resumed using the [info@nagnagnag.org.au](mailto:info@nagnagnag.org.au) email address for club communications — sorry for the confusion, please drop us a line with news, events or questions!**

[www.surveymonkey.com/s/6G653HX](http://www.surveymonkey.com/s/6G653HX)

### Disclaimer

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# St Albans—'Camp Wollomi' Day Ride - 14 August , 2011



Camp Wollomi has seen a lot throughout its ancient history; including in recent times some rather interesting music festivals! Remnants of the festivals give a glimpse of what may have taken place there. If you didn't know the background, you could be left slightly amused. Well let's just say, the toilet facilities are rather... innovative.



This definitely contrasted with the lovely grassy pasture which was our ride base and the pristine surroundings of the Royal Wollomi National Park. Many of our horses hadn't seen so much grass since last summer, a real treat for them. We are most grateful to Col, Camp Wollomi Manager for allowing us to use the site for a base, it really is a remarkable place -

Perfect for riding.

In the Nag Nag Nag (NNN) club we are most fortunate to have very generous members, with Cheryl Strachan providing access through her property as well as showing us where to go - Thank you Cheryl!

With the Hidden Valley ride postponed due to the torrential rain, members were keen to get out and do some riding. Trail Boss Marcello Scali showed immense leadership with his newly accredited team, ensuring that the ride ran perfectly to the high ATHRA standards. The ride briefing included a warm welcome to our newest Member, Lynda Barton and to first time visitor, Corey Ryan.



As mentioned earlier, we were treated to the most perfect riding area! How lucky the St Albans locals are to have this on their door step! On leaving Camp Wollomi, we proceeded about three or four kilometres down Settlers Road, past amazing rock formations, a number of picturesque farms, hobby farms, homesteads, building sites and fabulous horse paddocks. And there were some very noisy dogs not believing their eyes; that so many horses could be passing their property - just for them to bark at!

(Continued next page...)



Once we left the road onto private property we were delighted with even more breathtaking scenery and even more perfect riding conditions. It was very tranquil with the only thing to break the moment, was the odd gate opening. Very happy and healthy cattle going about their business of grazing and looking just a little annoyed at this group of intruders.



The valley, although lush, showed signs that it was still recovering from the recent rain. Many lower lying areas were showing signs of flooding.

We stopped for a quick lunch on a grassy wooded slope, horses and riders happy for the rest. After 20 minutes or so; Mother Nature warned us it was time to get going, with a huge crack of thunder and that rain was approaching.



We made our way back to the ride base, with barely a drop! We even had time to detour to the MacDonald River close by, providing the horses with a much deserved drink and quick splash - unfortunately just a bit cold for their riders.

The ride was a lovely peaceful outing for horse and rider – just how trail riding should be.



The only incident to report was a leech attaching itself to one of our riders. And with the impending weather, a rather noisy windmill decided to set itself off into full operation, distressing a few of our steeds – it *definitely* wasn't there when we went past the first time!



Once again, thank you to Cheryl and Col, and of course our new President, Suzi Derek for ensuring the smooth and skilled

administration of the ride, paperwork and the celebrated NNN raffle.

Finally thank you to the riders on the day that helped to make the ride a really wonderful time for all.

I can't wait for the Bilpin Ride — looking forward to seeing you all again soon.

***Keren Lavery & Braveheart Rael***



*One day a man passed by a farm and saw a beautiful horse. Hoping to buy the animal, he said to the farmer: "I think your horse looks pretty good, so I'll give you \$500 for him." "He doesn't look so good, and he's not for sale," the farmer said.*

*The man insisted, "I think he looks just fine and I'll up the price to \$1,000." "He doesn't look so good," the farmer said, "but if you want him that much, he's yours."*

*The next day the man came back raging mad. He went up to the farmer and yelled, "You sold me a blind horse. You cheated me!"*

*The farmer calmly replied, "I told you he didn't look so good, didn't I?"*

# SPONSORS

Advertising for businesses and services in our newsletter is inexpensive and reaches horse lovers in the local area. Each newsletter is in circulation for two months, and is distributed in electronic **and** printed form. Fees can be negotiated in terms of raffle prize donations (goods or services) or an up-front payment. Please email your advertisement to be inserted in Trading Post, or request an ad be created for you, to [info@nagnagnag.org.au](mailto:info@nagnagnag.org.au)



## THE BAREFOOT BLOKE

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Call Dave Leigh  
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HEY!

All you Nag Nag Nag members—please help us to get a better understanding of your needs, by filling in our brief online survey:

[surveymonkey.com/s/6G653HX](http://surveymonkey.com/s/6G653HX)

Thanks—from your NNN Committee

# TRADING POST

Advertising in the Trading Post is a **free** service offered to NNN members! Please email details to be inserted in Trading Post to [info@nagnagnag.org.au](mailto:info@nagnagnag.org.au)

... AGISTMENT  
AVAILABLE – EBENEZER - \$30/  
WEEK...

Heaps of grass, water and shade on  
30ac property.  
Good fencing.  
Round Yard.  
Small electric yards.  
Contact Suzi on  
0411 562 264



[www.surveymonkey.com/s/6G653HX](http://www.surveymonkey.com/s/6G653HX)





# NAGNAGNAG RIDE CALENDAR

September 2011	
Sat 3 & Sun 4 <b>September</b>	<p><b>Westpac Rescue Helicopter Charity Ride, Denman</b> This is <b>not</b> an ATHRA ride, but is certainly for a worthy cause!</p> <p><i>Details in this newsletter.</i></p>
Sunday 11 <b>September</b>	<p><b>Bilpin Day Ride</b> Utilising Patterson's Fire Trail, a walking ride in to National Park for packed lunch in the park. Last time we caught a pig on the way back..!</p> <p><i>Details in this newsletter.</i></p>
Sat 17—Sat 24 <b>September</b>	<p><b>ATHRA Queensland Camp</b> This fully-catered week-long camp is an annual ATHRA event, on a working cattle station. The ride is being hosted by the Logan River Redlands Trail Horse Riders Club, and is not a Nag Nag Nag club ride.</p> <p><i>Details in this newsletter.</i></p>
October 2011	
Fri 14 & Sat 15 <b>October</b>	<p><b>Little Hartley Camp Over Weekend (New DATE!)</b> Fantastic purpose-built facility in the Blue Mountains, with a long history as a riding school, now transformed into a B&amp;B with a mixture of fantastic accommodation types for people and horses.</p> <p><i>Details in this newsletter.</i></p>
Sunday 16— Saturday 22 <b>October</b>	<p><b>Inaugural Crackin Cancer Charity Ride, Scone</b> This is an ATHRA ride, limited to 50 participants (who must be ATHRA members). Funds raised benefit the Cancer Council of NSW.</p> <p><i>Details in this newsletter.</i></p>
November 2011	
Sunday 6 <b>November</b>	<p>?Potential ride/ camp out— possibility of Hidden Valley? Feedback welcomed re interest in re-booking this ride which was cancelled due to rain earlier in the year.</p>
December 2011	
Sat 10 & Sun 11 <b>December</b>	<p><b>Christmas Camp Over Weekend, Glenworth Valley</b></p> <p><i>As future rides are confirmed or altered, up-to-date information will be placed on the website at <a href="http://www.nagnagnag.org.au">www.nagnagnag.org.au</a>—check it for latest info!</i></p>

Find us on Facebook!

**NagNagNag Trail Riding inc**

## Saturday 3rd September 2011 Denman Charity Horse Ride

### Supporting the Westpac Rescue Helicopter Appeal

The ride takes approximately 5 hours.

The ride starts at the Denman Pony Club grounds.

Camping sites available.

Breakfast: 7am

Morning Tea

Lunch early-mid afternoon

BBQ Evening Meal

Evening entertainment

Live music

Auction

Parade 8am through Ogilvie Street Denman

Horse drawn vehicles welcome in the parade

**NO STALLIONS!**

Contact Norm on 6547 2318 or Mick on 6547 2377 or 0417 472 2510



**HEY!**

All you Nag Nag Nag members—  
please help us to get a better under-  
standing of your needs, by filling in  
our  
brief online survey:

[www.surveymonkey.com/  
s/6G653HX](http://www.surveymonkey.com/s/6G653HX)

Thanks—from your NNN Committee

### HANDY HINTS

#### 'Encouraging a Horse to Drink after Exercise'

Studies have indicated that horses prefer to drink lukewarm water containing 2 teaspoonfuls of salt per litre when hot after exercise or traveling to rehydrate themselves. Horses will become accustomed to drinking this 'saline' water and will seek to drink it rather than molasses 'sweet' cold water.



*For any of our  
rides, in case of  
wet weather,  
please call Suzi on  
0411 562 264*

## “Bilpin” Sunday 11<sup>th</sup> September 2011

### CONFIRMATION OF RIDER NUMBERS:

Could you please contact Suzi on 0411 562 264 or email [nagnagnag@live.com.au](mailto:nagnagnag@live.com.au) to confirm that you will be riding so that we can ensure adequate support people on the day.

### RIDE BASE:

2070 Bells Line of Road, Bilpin

**Directions:** From Sydney – travel up Bells Line of Road from Nth Richmond. Look out for the Tutti Fruiti Fruit Barn & Cafe on the left, as you keep going you will pass a sign for Patterson's Ridge Fire Trail on your left, then approximately 700 metres from there keep an eye out for our NagNagNag ride base sign on your right, it is straight opposite the Fruit Bowl. There is plenty of off-road parking in a large grassy paddock.

### RIDE DETAILS:

**Ride Level:** Easy relaxed pace. Approximately 20km, undulating sandy fire trail with one stretch of 1.5km each way that is a little steep and rocky. The terrain is fairly good under foot, however it is advisable that horses either be shod or if barefoot, carry boots.

Arrive any time after 8.30am

Pre-ride registration to be completed by 9.30am (the committee will take no ride registrations after this time as they need time to get ready as well)

#### **Ride start time 10.00am**

BYO lunch for out on the trail, morning tea is provided or BYO  
BYO water/feed for horses, ride fees/raffle money

### FACILITIES AVAILABLE:

**Ride Base:** Toilets/Shop (famous for home baked apple pies! If you would like to buy a pie on the day please advise suzi when you confirm your attendance so they will have ample available).

**Lunch Spot:** Drop toilets

### RIDE FEES:

**Members:** \$10.00

**Visitors:** \$25.00

## Annual ATHRA Queensland Camp, 17–25 September, 2011

### *Hello to ATHRA Members!*

Well it's nearly that time again .... the annual camp, fully catered by Chefs, and fantastic value at \$475.00 for adults and \$325 for kids under 12.

This year's event is being hosted by the Logan River Redlands Trail Horse Riders Club.

Nominations are now rolling in and the closing date is 31 August, 2011.

This signature Queensland event will once again see our members invited to return to a picturesque working cattle property which has played host to many memorable ATHRA experiences.

“Moojirah” is over 4,000 acres in area and offers riding trails in the Scenic Rim region which are unequalled. The ride committee has all sorts of entertainment lined up to make sure everyone has fun.

Download entry forms from the website or contact: Claire Bourke on (07) 3206 2661.



Frank, Tina and Samantha Browne are our hosts. They are generous in allowing us to continue a tradition commenced by John Browne, in allowing ATHRA Members to enjoy the natural assets of their property.

This friendship with ATHRA began in 1989 when the first Camp was held here at the same yards and around the same stones which ring our campfire today. In 2001 Frank was asked to lead a leg of the Longreach to Brisbane Tagalong Ride, and rode over to bring 200 riders through from Maryvale. Since these dates, September Camps have passed through to enjoy overnight stays and stationary camps – so some of you will be returning to familiar scenes, and many of you will have fresh eyes that soak up the scenic surrounds. Frank, Tina and Samantha will be leading our steps along the trails, taking you to places of interest and geographical highlights.

Kind regards,

***Claire Bourke***  
Director—ATHRA



## ***Crakin' Cancer Charity Ride***

*From the 15<sup>th</sup> to 22<sup>nd</sup> October 2011, the Crakin' Cancer Charity ride will be held at Tinagroo Station in the spectacular hills of Scone NSW.*

*If you would like to have a wonderful week away with your horse on a fabulous holiday and also raise funds for a worthy cause, then you should consider attending this ride.*

*We will be riding on Tinagroo Station which is a working cattle station 25kms from Scone on a 10,000 acre property, riding in the Horse Capital of Australia.*

*Once you settle in at your camp site, you stay there for the whole week. You will have access to your vehicles at all times.*

*Horses must be kept in steel or electric yards, which riders must supply their own in the dedicated horse yard area or in a communal paddock supplied. There is plenty of water on the property and this will be a BYO food and camping gear holiday, with camp showers and toilets provided.*

*We will be dining in the undercover arena for our morning and evening meals and we will be supplying a hot water donkey for the showers and washing up etc. There will be bbq's available for you to use to cook your meals. We will pack lunch each morning to have out on the trail.*

*You must belong to an ATHRA club to be able to attend this ride. Information on how to join an ATHRA can be obtained from our Club Secretary "Sissy Whelan on 0411200730. Rides will be conducted under the ATHRA's Code of Conduct (see [www.athra.com.au](http://www.athra.com.au)).*

***This was previously advertised as a fully catered for ride for \$700 for the week, but we have now changed it to a byo ride. The cost is \$150 for the full week or \$25 per day. Come for a day, a weekend or a week, there is no restrictions on how many days you attend.***

*Please register with Cathy Woods at [cumberlandtrailriders@yahoo.com.au](mailto:cumberlandtrailriders@yahoo.com.au) or by phone to Sissy Whelan on 0411200730.*

*All monies raised will go to the Cancer Council of NSW*



## **ATHRA RIDE RULES (full text available at [www.athra.com.au](http://www.athra.com.au))**

- Each affiliated club may have additional rules consistent with the Code of Conduct, but all provisions of the Code have precedence and must be complied with. All ATHRA members should make themselves familiar with these rules and conduct themselves so as to do justice to the noble art of horsemanship and the promotion of ATHRA and its ideals.
- The appointed Ride Coordinator and/or Trail Boss is responsible for ensuring that all preride/event risk assessments are conducted and all relevant ride forms are completed.
- Each club secretary must ensure that the following forms for each ride or event are filed together in club records and retained for a minimum 7 years:
  - Ride Attendance Register
  - Pre-Ride/Event Check List
  - Post Ride Summary
  - Ride Visitor Details Form
  - Incident Report
  - Special Event/Charity Ride Applications
- Ride Coordinators and Trail Bosses must have a thorough knowledge of the Code of Conduct, the ability and willingness to follow all rules and guidelines, and ensure compliance with same by all participants.
- The Trail Boss and Ride Coordinator must ensure a pre-ride briefing or talk is conducted to advise participants of potential hazards and other details relevant to the safe conduct of the ride. They must ensure that all participants understand the commands that will be used throughout the ride.
- High visibility or reflective vests or clothing must be worn by all ride officials who should be identified to all participants at the pre ride briefing.

## **ATHRA CODE OF CONDUCT (full text available at [www.athra.com.au](http://www.athra.com.au))**

- ATHRA recommends that all riders wear appropriate clothing (eg full length trousers and sleeved shirt). Appropriate footwear which prevents the foot sliding forward through the stirrup iron is compulsory.
- Details of all participants on a ride or event must be recorded in the Ride Attendance Register.
- Participants must sign the Ride Attendance Register prior to each ride or event and must obey all reasonable instructions from officials at all times.
- It is the responsibility of each participant to advise the Trail Boss, Ride Coordinator or First Aid person of any pre existing medical conditions prior to a ride or event.
- At all times horses remain the responsibility of their riders, and as such, riders should always be aware of riders/horses in their vicinity, to avoid potential danger.
- It is the responsibility of all riders to maintain appropriate control of their horse and to keep them out of kicking distance of other horses at all times.
- Riders must not pass or overtake another rider at a speed or in a manner which is likely to excite their horse.
- It shall be the responsibility of the rider of each horse to ensure that all riding equipment is regularly checked, well maintained and correctly fitted. The minimum equipment required is a saddle with stirrups & girth and appropriate head gear. The use of halters is only permitted where both horse and rider have demonstrated effective control.

(Continued next page)

### **ATHRA Code of Conduct (continued)**

- No rider shall pass the Lead Rider without the Lead Rider's permission, and, no rider shall ride behind the Drag Rider without the Drag Rider's permission.
- Riders must maintain sight of the horse in front and the horse behind at all times during a ride.
- No participant may leave a ride without first obtaining permission from the Trail Boss.
- All riders must comply with State Road Rules when riding on or near roadways.
- To comply with State Road Rules, the blood alcohol level of a rider must not exceed .05% during a ride. The drinking of alcohol is not permitted whilst mounted. For safety reasons, a Trail Boss has the discretion to exclude a participant they believe on reasonable grounds is adversely affected by alcohol or any other substance.
- All gates should be left as they are found. Riders should always consider other user groups and respect private property.
- Juniors under 16 years are to be supervised by a parent or nominated adult during a ride.
- Riders under 18 years must wear a regulation helmet that complies with AS/NZS 3838:1998 En 1384 or ASTM F 1163, and is no more than 5 years old. When buying a helmet always check the date of manufacture as this determines the age of the helmet.
- A state approved first aid kit (see St Johns ) and an effective communication link (ie satellite phone, mobile phone, two way radio) must be carried by a nominated person on each ride.
- No dogs are permitted on rides.
- All stallions used on ATHRA sanctioned trail rides, drives or events shall be clearly identified with a blue ribbon on his head gear and his tail so as to be clearly recognised as a stallion from the front and rear. Stallions shall be identified to all participants at the pre ride briefing.
- Affiliate clubs have the discretion to allow stallions to participate or otherwise.
- Any horse where a fee has been paid for its use is not permitted at any ATHRA sanctioned trail ride or event, including Education Days, Charity Rides and Special Events.
- Except as provided in Rules 7.5 (Charity Rides) and 8.7 (Special Events), all participants on Trail Rides, Charity Rides, Special Events or Education Sessions exceeding 48 hours, must be members of an ATHRA affiliated club.
- Changing horses or swapping gear or tack is not permitted during a ride unless and until authorized by the Trail Boss.
- A record must be kept of any incidents or accidents which occur on a ride.



Australian Trail Horse Riders Assn  
PO Box 1186  
Capalaba DC 4157

ABN: 45 516 611 736

Director: Alan Salter  
Ph: 03 5184 1228  
Mob: 0427 357 941  
E: [asalter@harboursat.com.au](mailto:asalter@harboursat.com.au)

Dear Members

### Expenses not covered under Person Accident Insurance Policy

I have recently received enquiries regarding instances of medical expenses not being covered under our Personal Accident Policy. It is therefore appropriate to provide this summary of what medical expenses are and are not covered under ATHRA's Personal Accident Insurance Policy.

ATHRA's Personal Accident policy covers, amongst other things, "**Non-Medicare Medical Expenses**". Non – Medicare Medical Expenses are expenses from:

- a) **Private hospital (including accommodation), dentists, ambulance or emergency transport services; or**
- b) **Orthotists services prescribed by a surgeon;**
- c) **Physiotherapy, chiropractic, osteopath, naturopath, and massage services on referral by the treating Medical Practitioner**

If a medical expense is covered by Medicare, this medical expense is not covered under our Personal Accident policy (or any other Personal Accident policy in the market) due to Commonwealth legislation prohibiting such expenses from being covered. i.e. it is illegal for a Personal Accident insurance policy to cover Medicare covered medical expenses.

For example, if one of our members is charged \$50 for a consultation with their GP and they receive a \$30 rebate from Medicare, they are not able to claim the "gap" of \$20 under ATHRA's Personal Accident Policy.

This restriction does NOT apply to medical expenses covered only by a private health fund and therefore a member CAN claim the difference between the cost of the medical service and the rebate received from the private health fund (i.e the "gap").

If a member does not have private health insurance and incurs Non-Medicare medical expenses, they can claim these expenses in full under the Personal Accident Policy, subject to a \$100 excess and maximum payable Non Medicare Medical Expenses of \$2,000. Members should be aware that whilst ambulance costs can be claimed under the Personal Accident Policy, in most cases the maximum benefit payable of \$2000 would not adequately cover costs in the event of an air ambulance or lengthy road trip. I therefore recommend that members seriously consider obtaining their own suitable ambulance cover.

Please circulate this information to all your clubs for the information of all ATHRA members.

**Alan Salter**  
**ATHRA Director / Insurance Coordinator**