



TEERA Newsletter
November 2016

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January 2017

Happy New Year to all our TEERA Members and welcome to our first newsletter for 2017!! ...

I hope each one of you managed to find some time to unwind and reflect on the year that was and have spent many moments plotting and planning all your horsey adventures for 2017!

I was lucky enough to spend a blissful two weeks with all my Family at my favourite camping location, Bridport, giving me plenty of time to put together my training plans and dream of all I would like to achieve for the coming year, all from the comfort of my camping chair ... with a perfect ocean view!

Since our previous newsletter we saw the final two rides of the year Oss Foley and Our State championships, both fabulously ran rides by two of our legendary riding committees.

The State championships were not without drama, Julie Carter and her pony Kody taking a tumble just 20km into the 160km, thankfully only concussion, a broken hand and a sad and sorry pony with some bark off his knee and shoulder were the only injuries, in what had the potential to be far worse and certainly reminds us of the importance of wearing the correct Australian standard helmets. Both Julie and Kody are well on their way to recovery and we will hopefully be seeing them out and about at the first ride of the year!

The State 160km Champ was our neighbour from across the water, Steve Blackhurst, riding Rafeeq in a time of 13:08:32. Tasmanian State champ in the 95km was none other than the always picture perfect horse and rider combination of Di Walsh and Razorback Silver Wings in a time of 7:08:56. All other results can be found on aeraspace.

Congratulations Steve, Di and their horses!

Many of us attended our annual dinner and presentations, which was a great night full of great people, food, music and mostly ;) great dancing! I know I love socialising with our endurance family outside of an endurance ride.

Well done and thank you to Allan and Tracey Wyllie for organising this event for us to enjoy!

An enormous **CONGRATULATIONS** must go too our beautiful and talented rider Ella Carter who took out not only the TEERA Junior points and distance award but also the AERA Junior distance award!

What a fantastic achievement for just her third season in the sport!
Hope you all enjoy having a read of Ella's article.
We are all super proud of you Ella!

Congratulations also to Noel and Kristie Lockhart on their exciting and successful trip to New Zealand. Look forward to an article on this in future newsletters

After another amazingly successful year for Trish and Rahn, third completion of the big three, Our very best wishes and healing vibes must go to our Lovely Trish, who had an accident on her long planned adventure, The Tasmanian Trail, 480km from top of Tassie to the bottom! Just five days in Trish sadly had an accident and fractured her left leg, we can only imagine the disappointment, but I dare say this will not be her only attempt at this expedition! I have included, with Trish's permission her acceptance speech which was read out on her behalf at the dinner.

So from your endurance family Trish, we pray for the speediest of recoveries and trust we will see you and your lovely ponies at a ride very soon!

Recently the STER Club held an info day, and by all accounts was an extremely informative day with a great number in attendance. Marks FB post sums the day up nicely...

The Southern Tasmanian Endurance Riders (STER) endurance riding information day held in Sandford today was a great success with almost 30 people turning up for the event. A special thank you to Debbie Leary for hosting and catering for the event. Thanks also to experienced riders Janine Parr, Trish Smith, Lynette Stevenson and Nicole Sedgeman for their input during the day.

Everyone who attended will receive an email from me in the next day or so with some support material and some useful weblinks. Included in this will be the attached rough guide on how to get your horse ready to do a 40k ride at the upcoming STER ride on Sunday March 12, out of a ride base at Margate.

A new STER Committee was formed during the STER AGM held during the lunchbreak. A number of new committee members have

joined the team and, hopefully, this will lead to some more southern activity in the months and years ahead. For now, mark the date - Sunday 12 March - in your diary and start training now if you haven't already done so.

*Mark Dunn
STER President*

Debbie Grull has put together an outstanding article on volunteering within our wonderful sport! Great, thought provoking reading.

Thank you Debbie!

Thanks once again to all those who have contributed to this newsletter, without it there would be a lot of rambling from me!! Looking forward to catching up with you all as our endurance season moves into full swing with our first ride on January 28th.

... TASMANIAN ENDURANCE RIDERS ARE AMAZING!!

Deborah Wyllie
TEERA newsletter coordinator

Reminder...

2017 membership forms are available via the
TEERA website

To make life easier for our wonderful volunteers
log book and memberships must be recieved at
least two weeks prior to a ride.

Draft Ride Calendar 2017

- 28/1 - BEER 80/40
- 11/2 - Jill Sheean Memorial 80/40/20
- 25/2 - Bushwhackers, Castra 80/40
- 12/3 - STER Margate 80/40
- 18/3 - Kentish 80/40
- 1/4 - Pyengana 80/40/20
- 14-16/4 - Easter Marathon 320/120/160, 80, 40, 20
- 29/4 - Kimberley Fire Brigade Challenge 80/40/20
- ## - Space available
- 27/5 - Lockhart Challenge, Lebrina 80/40
- 10-11/6 - BEER North Motton 80/40, 80/40
- 7/7 - SA TQ2017
- ## - Space available
- 26/8 - Jolly Lette Memorial, Santarena 80/40
- ## - Space available
- 7-8/10 - State Champs (Scottsdale, Quilty trial), 160/80/40
- ## - Space available
- 4/11 - Oss Foley 80/40/20
- 18/11 - Gordon Williams Memorial, Nietta 80/40

... Notice Board ...



As per the EA General Regulations, Article 122.2: Dress and Salute, the following will apply:

Except where Sport Rules allows otherwise, riders and drivers competing in an EA competition, must wear an approved helmet with the chin strap fastened at all times. The same is recommended when riding a horse at any time.

Protective headgear must conform with one of the current approved safety standards:

- Current Australian standard **AS/NZS 3838** (2006 onwards) provided they are SAI Global marked.
- New Australian standard **ARB HS 2012** provided they are SAI Global marked.
- Current American standard **ASTM F1163** (2004a or 04a onwards) provided they are SEI marked.
- Current American standard **SNELL E2001**.
- Current British standard **PAS 015** (1998 or 2011) provided they are BSI Kitemarked.

Interim European Standard **VG1** (01.040: 2014-12) with or without BSI Kitemark.

7 good reasons to give back to your sport: Volunteering is good for you

Endurance rides are fabulous community events. So many of us enjoy them and there are so many aspects to the event.

The truth is our sport could not happen without our valued volunteers. Volunteers are special and we welcome them. Whether you donate time, effort or sponsorship (rug, hand made items, or other contribution) giving back is beneficial--and not just for the recipients. Research has shown that the old adage, "it's better to give than to receive" is true after all. Most volunteers do it because they like doing something useful and helping out. Many others said they enjoy doing volunteer work and feeling good about themselves. Besides feeling good about yourself for doing something for others in our sport, giving back is also good for your physical health. Volunteers are active people and rate their health as "good." Volunteering increases your self-esteem and has been linked to improved nervous and immune system functions, too. Volunteering can help fight depression. Helping others can help take your mind off your own problems and enable you to see the bigger picture. Once you see the difference you can make in another person's life, your own problems can seem smaller and more manageable. Volunteering is one way to build a social life and improve your emotional and physical health at the same time.

Here are 7 Reasons to Volunteer:

1. Develop new skills. Gaining skills, knowledge and expertise are common side effects of volunteering. Giving others your time brings you interesting and challenging opportunities that might not come along otherwise. This experience can be added to your resume and could result in a better paying job in the future.

2. Make social connections. Volunteering is a marvellous avenue for making new friends and getting to know your friends better. Another thought is, why not invite a new friend into endurance. They may be really interested to join in.

3. Give back to your community. Doing something for the endurance community you are part of and returning the favor to those who have helped you in your sport are strong motivators. Everyone, rich or poor, gets something from our sport, and volunteering is one way to show a sense of appreciation.

4. Develop and grow as a person. Volunteering is an excellent way to develop as a person....and you are never too old or too young. Volunteering has some nice surprises in unexpected ways. There is no telling what life will bring you when you volunteer.

5. Gain a new perspective. Life can be hard and when you're feeling down, your problems can seem insurmountable. Volunteering can offer a new perspective—seeing people who are worse off than you are, yet still hanging in there, can help you see your life in a whole new light.

6. Know that you're needed. Feeling needed and appreciated are important, and you may not get that appreciation from your paid work or home life where the things you do are expected or taken for granted. When you volunteer, you realize just how much you are truly needed. Being a valuable part of the endurance community where your help is needed is a strong incentive to continue—people are depending on you. If you don't do it, who will?

7. Boost your self-esteem. Many volunteers experience a sense of increased self-esteem and greater self-worth. Helping others makes you feel good about yourself, because you're doing something for someone that they couldn't do without your help..

When you help in our sport, you're really making a difference. It's a good feeling.

Written by Debbie Grull

Word from Trish

I am really disappointed that I am unable to be at the dinner this year due to the annual visit from my elderly mum and would like to thank Tracey, Allan and any others who have put in the time to organize this celebration event.

Firstly, my thanks to Jo for offering to read these words for me - it will be so much better than listening to me try to talk through the tears that always seem to appear at presentations, something that shows how passionate I am about our sport and our wonderful horses.

Next, thank you to those who have helped me through the year - my wonderful supportive family, the entire endurance community, the friends I have made across the country, the many people I have ridden with on the tracks, farrier Kasey Drew, equine therapist Evelyn Brereton, my much appreciated pop-up strapper Andrew Miles and sponsor Horseware Australia.

Thank you also to all the ride committees, ride organisers, vets, Chief Stewards, TPR's, pencilers, track markers, radio operators, time keepers, weigh masters, water carriers and volunteers who make the rides happen and allow us riders to do what many think is just crazy.

Of course, the most important thank you is to my boy Rahn, what a horse! Life is all about the journey, not the destination, and involves goal setting and sticking to a plan to achieve those goals. Ours for this year of 2016 were to achieve a third 'Big Three' award and to finish the year with 100% completions - AND we did it! All the extra awards, both National and State are the icing on top and so wonderful to receive, but I believe that 100% completion is the ultimate award for an endurance horse.

Lastly, my congratulations to all the riders and horses who are recipients of an award tonight.

I wish everyone a happy and relaxing Christmas and New Year and look forward to seeing you all again in 2017.

Trish

2016!! In the words of Ella Carter ...

Wow, where do I begin, 2016 was a surprisingly successful year for me, completing 1340km throughout Australia, (920km in Tasmania) consisting of 8 x 80km, 3 x 160km, 1 x 120km and 1 x 100km, as well as 7 x 40km rides, with 100% completion all year. After only completing my third 80km ride to qualify in April 2015 and then my first 160km ride in August 2015, I definitely did not begin the 2016 season off with the intention to be competitive so to win Teera points and distance junior rider along with Aera distance junior rider this year was extremely unexpected but it just goes to show what you can achieve when you are surrounded by an amazing group of people and ponies. None of my successes this year could have been

possible without the huge amount of help I received from Helen, Darren, Angela, Mum and Dad and I would just like to say a huge thank you to each and every one of them for the continuous support they give me.

Although I have many people to thank, my biggest appreciation goes to Helen for her generosity and selflessness, trusting me with her treasured Silver. Silver carried me

around 520km this year achieving several placings and best conditions. I cannot thank this incredible horse enough for everything that he has taught me and for all the kilometres and time that we have spent together. I would also like to say a huge thank you to



Helen and Darren, Angela, Carolyn Foley, Natasha and Johann Willemse, and Amanda and Andrew Kettlewell from OSO for trusting me with their precious ponies at some point throughout the year and allowing the opportunity for me to gain new knowledge and

experiences. Some of my highlights from this year would be the Queensland State Champs where I had the opportunity to complete the 160km on the beautiful Joslian Shaka Zulu, placing 1st junior and BC while also watching Karen complete her 160km to qualify for the Quilty!! Another highlight from this year would definitely be having the opportunity to ride at my first Quilty on the incredible Shemali Silver Sherif, placing 2nd junior. To finish the year off I was lucky enough to have the opportunity to travel to NSW with Angela to complete the 100km at the Snowy Zone Championships in Burruga on OSO Bettina, placing 2nd junior and BC.



Written by Ella Carter

SHAYLYN SHAKASH

9 Dec 1988 – 18 Mar 2016

Shaylyn Shakash has put his stamp on endurance all over the world, beginning with some of his own performances. While there might well be a good deal of laughter in the background from various parties who faced the challenge of remaining in the saddle, Shakash won 3 endurance rides, including the heavy weight division of the Oss Foley Memorial Ride in 2000, with Michael Pennington. The best finish was at Golden Valley, where the dash began 10 kilometres from home.

Shaylyn Shakash was bred by Lyn Nicolle, by Naaman Gala Fashion out of Franklin Shakira. He went to Al Barker for a few years, before arriving at Staverton to meet Dennis Foley. Dennis took an immediate shine to him, and had trained him to come right up to him no matter how big the paddock was, or how far away he was, with the sound of stockwhip cracking. It wasn't long before the two established a mutual respect for each other.

Shaylyn Shakash was always a perfectly well behaved gentleman, with the exception of being anywhere in the vicinity of his food bucket. He did enjoy his meals. He could be fed in a paddock full of mares, and his food was definitely his food only. A simple procedure was designed, by asking him to move away to his spot in the paddock, before the food bucket came in, followed by placement of the food bucket well inside the paddock away from the gate and fenceline... and (this bit is important) *immediately* exiting the paddock. A consistent way of delivering the meals, and he was content....but anyone new was warned not to intervene with his food, any deviation from this routine, usually meant someone coming off second best.

Some of his progeny have performed well, and achieved some notoriety overseas. Highland View Dolly, Highland View BB, Highland View St Kris, Highland View General, Highland View Red, and many, many others.

Shaylyn Shakash given us a colt Highland View Sonic and Highland View Salute, and a grandson colt Highland View Shakashanova, and some purebred mares and fillies.

In his 28th year he was being cared for in every way possible. Special feeding regime, the best paddock with the best grass, vet care at a moment's notice, regular dental work, and of course all the routine health stuff such as worming, arthritis treatment hoof care and so on.

In March of this year, a difficult decision was made, after he had completely lost his appetite, and was showing signs of an age old disease. There comes a time when treatment is no longer winning the battle, and the horse lets you know that they want to go.

A decision was made by Dennis, who gave him one last peaceful day in the sun with his friends in the paddock nearby. With winter just around the corner, we do feel that we have spared him from needless suffering. It is very, very, hard putting down such a dear old horse.



Kiyoshi Matsui – 1000 Kilometers

Achieving a milestone in endurance is something we all aspire to. Kiyoshi Matsui quietly gets around an endurance ride tagging along with other Tasmanian riders to take part and experience the simple enjoyment of completing a ride well. At the Oss Foley ride this year, the committee decided to make note of his participation, year after year. 1000 kilometers of endurance riding completions is significant if you are an international rider, add to that participating in a foreign country, a veteran rider of more than 70 years of age, and being intrepid enough to ride a Foley horse that is carefully prepared for you.

Kiyoshi Matsui is quietly resilient. Intrepid adventurer and quiet achiever is probably the best way I can describe him. A year or two ago, after having a fall from a horse in training, we asked if we needed to contact his family and arrange safe passage for him home. Upon asking him if he would like us to contact his family, he shook his head, and said “no, no, no.....family say I am crazy.....no no!” He then asked if he could stay with us! We were absolutely delighted that he wished to stay with us. It was not long before he recovered and was back in the saddle riding!

Many of us have a great respect and admiration, for this friendly man from Japan. Congratulations to Kiyoshi Matsui on this fantastic achievement of 1000 kilometres of endurance riding in Australia!