



Gorley Vale Riding Club Newsletter

August 2018

Hi all,

The AGM is booked for November 1st at The Foresters Arms in Frogham. This is usually a good evening, just summarising the year and seeing what plans are going forward. The club will subsidise the evening, so it's only £5 including a delicious dinner. Make sure it is in your diary ☺

Wessex Wanderers

Endurance update from team organiser Hannah:

We had five riders at Piddle, which was a scorcher. Thankfully, we had Nikki's boys as crew so we were exceptionally well looked after. Toby and Parry made their team debut and romped home with a heart rate of 39, so earning an easy grade one. After an 'interesting' final vetting with an unsympathetic vet, Rocky, Rollo, and Merlin all finished with a completion. Mark and Tex also had the same vet and, uncharacteristically, came out with a grade 3. It all goes to show that all the training in the world can't control what happens in those vital last minutes in vetting.

We had no team for Barbary, but will be back out at Bonham ready to collect our first points for next season!

Dave Stuart Clinic

A few GVRC members went along to spectate at this clinic... here are Tina's impressions...*Dave Stuart is an Australian horse trainer who I had heard of but never seen. He was doing a 3 day course in The New Forest this July so I scheduled a Sunday off to go and see him work. Brenda and Jane also came to spectate and with the car loaded we set off. We were only going for the day but it looked like we were off on a camping trip / festival. It was ridiculously hot so shorts, flip flops and straw hats were the look of the day (luckily no photo) not the normal horsey look.*

The riders individually worked their horses at liberty (no rope or head collar) in a round pen, using just their position and a stick with a flag to direct the horse. Dave Stuart was trying to encourage the horses to move in a natural, relaxed, balanced canter, finding a rhythm that was not rushed or sticky. It was very interesting how some people chased their horses with the flag, some were better with timing, others better with their intention.

After everyone had had a go he got all 8 horses in the school and the riders stood on the fence with the horses moved so they were parallel. They waited till they were happy and those that were confident enough lay on their horses, no saddle, just a head collar. After lunch they worked at shouldering in and out, and counting foot falls, being accurate so the correct front moved first or knowing when the back leg lift to move.

The day went quickly and if he comes again, I might see if there is a rider place.

Dave Stuart had a very genial manner and was both laid back yet engaging. He gave all the students one to one attention and even a very amateur rider, new to horses, was not made to feel stupid or unworthy, which was a lovely attribute.

The lady who's yard he used was also very friendly, Kate McMorris, and it seemed like they maybe had had a drink or two the night before, so maybe we weren't so far off with the festival vibe.

Hmmm... not sure which festivals you have been to Tina!! But glad you had a good time ☺



Stuff we've done

29th July GVRC 'Ride with your Mind' clinic with Sally Ede

The weather was so bad on the 29th that we had to move this clinic to the following weekend, luckily most of the riders could make the new date.

Sally is a 'Ride with your Mind' coach who works with Mary Wanless. These are Louise's thoughts on the day.

After weeks of glorious weather and not a drop of rain, the Sunday the 'Ride with your Mind' clinic was due to be held was forecast gale winds and torrential rain. The GVRC tent even blew away! Not surprisingly it was postponed to the following weekend 5th August when the weather was back to hot hot hot!

At 9.30am we were already squeezed around the edges of the tent at Brenda's in the small patches of shade we could find, while Sally Ede our instructor explained the principles of riding with your mind. We watched Suzanne being pulled and twisted into a new position on the model horse – a saddle on a wooden stand with a gym ball underneath for the horse's belly.

We learnt that riding with your mind was about riding in connection with the horse. We each had a 45 minute lesson with Sally in which she first watched how we usually ride and then proceeded to put each of us into the 'correct' position. She showed us how to find our sit bones, where to put our legs and how to use our thighs. She also taught us how to transfer our weight over the horse's rib cage and ride with a lighter seat. This new position felt extremely odd – I felt like a jockey! But the photo showed I was now in the perfect riding position and completely aligned. Now all I had to do was suck in my lower tummy, remember to breathe and walk on! I now know why it is called riding with your mind – just staying in position this took so much concentration after years of riding in a different way. For a few strides Tonto suddenly changed his way of going, I could see his neck rounding in front of me and his back had come up to meet my bottom, he felt amazing – and for a split second I had got it!



We have another clinic booked all rider places are filled but spectators are very welcome. £2 each in advance or £5 on the day. Spectators at the last clinic said it was well worth it. Let Caroline know if you want to come and watch. carolinewarwicksmith@gmail.com

Stuff Coming Up

September 15th – Fun Horse and Hound competition. – I've put all the info in again as some people weren't sure what it entailed ...

Brenda's Fields, near Fordingbridge – £5.00 entry.

This is a fun event to challenge both your equine and canine skills!!

The field will be full of various obstacles... some to be done with your dog and some with your pony – Don't worry you don't have to do both at the same time!!

Firstly try the obstacles on the ground with your dog e.g. a little jump, a tunnel, weaving through poles, sit/stay etc.

And then the ridden course... (Someone will be on hand to hold your dog or horse when needed) the obstacles will be similar to some of the Le Trec ones e.g. a small jump, under a hoop, bending, stand/stay etc.

Points will be awarded for each obstacle and times will be taken in case of a tie when the fastest combined time will win.

If you don't have a dog you are welcome to borrow one of mine or Brenda's pooches ☺

Tea, coffee, biscuits will be provided :O)

Please book your place as soon as possible as numbers will be limited - sunshine.gardens@yahoo.co.uk

Closing date to pay is September 7th **Reference Horse & Hound**

Bank details at end of newsletter.



6th October – Ride on Salisbury Plain

This ride will be over approximately 10 miles of lovely countryside being escorted by Jane & Heather who know the area very well, and will include a few long canterly bits.

We will meet at a large parking area near Tilshead, Salisbury SP3 4SG, It is **opposite** this water tower. Everyone should be ready to ride for 11am. Then off we goThere will be the all-important refreshments when we return...coffee, cake or somesuch ☺

£5 each, Closing date 22nd September to pay – **Reference Salisbury Plain**. Bank details at end of newsletter.

N.B. Please let Jane know if you are coming ASAP so that we can get an idea of numbers – jane.hann62@gmail.com



November 1st AGM

The Foresters Arms, Frogham

£5 including meal

Time, menu choices etc. at a later date.

November 14th - Mock Hunt

All meeting at Tom's Field, Godshill for 9.30 for a stirrup cup then off to find the 'fox', returning to the field for egg/sausage butties, coffee and a good old chat.

£10 including refreshments, closing date to pay is 1st November. [Reference Mock Hunt](#)

Let Tina know if you are coming - tinawhittet@btinternet.com

N.B. If the weather has been wet we will park in Ashley Walk car park opposite Tom's Field.

December 8th - Xmas Spider Ride

Our annual dressing up event ☺ Tina is soooooo determined to win the fancy dress prize this year!!

Everyone to meet at The High Corner Inn at 11am for a bit of a social milling about with mulled wine and baguettes, there may even be a turkey and cranberry version!

£10 including refreshments, closing date to pay is 24th November. [Reference Xmas ride](#)

Let Jo know if you are coming - jorudkin@yahoo.co.uk so we can sort out the numbers for food

More Dates for your Diary

18th January 2019 - Quiz – Godshill Village Hall £10 each including pizza, bring your own drinks. More info later...

February 2018 – Equine massage workshop with Louise Cooke – date etc tbc

Also.... A couple of our members are organizing to go on a riding holiday in 2019. The plan is that they are going to pass on the details of the holiday they choose and then if any other members of the club want to/can go as well it could turn into a GVRC holiday!! More information when the trip is decided ☺

Wessex Riding Club also have a few things going on and GVRC members are very welcome to come along to the 2 events below...

Dressage to Music demonstration. Tuesday 4th September at 7pm at Wilton RDA.

WRC members Caroline Carroll and Nancy Buchanan have put together a demonstration to encourage us all to have a go at DTM. Tea/coffee and biscuits will be provided. There is no charge but if anyone would like to make a donation to Wilton RDA, I am sure that would be appreciated.

Twilight Racing at Salisbury Racecourse. Tuesday 11 September - Bring your friends and family, bring a picnic and then go and win lots of money! First race is at approx. 3.30pm. WRC members meeting around 2.30pm in main car park for the picnic.

GVRC Notice Board

Theresa has a few things for sale, contact her on ibsleygirl@hotmail.com



Pony Boots £10.00
leathers – offers?



Brushing Boots, gullet and synthetic



Remember if you have anything to advertise just send it to me at the email below

Happy riding all ...Tanya

sunshine.gardens@yahoo.co.uk

Bank details for payments below, please make sure you put appropriate reference:

Sort code: 30-97-08 Account no: 01404126