



Gorley Vale Riding Club Newsletter

NOVEMBER 2016

Hi all...

A big thankyou to everyone that came along to the AGM at the Woodfalls Inn. Here is an update from our smashing Chairman Tina Whittet.

Just in case you weren't able to make the AGM, I am going to give a short account of what happened, so you will be desperate to come next year!!

This year's AGM was held at the Woodfalls Inn near Redlynch. We had a short meeting in which I thanked everyone for coming to support the events and also for everyone that helped over the year to make the club so vibrant and fun. I introduced the Committee and thanked them for their support, we also had reports from the Membership Secretary, Treasurer and Club Secretary. We did the re-election of the Committee members, everyone was happy to stay in the same posts and no others came forward so it will all remain the same for another year. After the meeting we had a lovely meal and a quick game of Skittles. In true GVRC way it was improvised and haphazard but warm and jolly.

Lucie had given everyone that came along a raffle ticket and the holder of the lucky number got a year's free membership.

During the meeting my partner asked how we might encourage men into the club and ironically he was the one to win the membership!! Which has given me an idea. Why not give a male friend a membership of GVRC this Christmas, if you are stuck for a gift I'm sure they would love it!

Just so you know the committee members are; Chairman - Tina Whittet, Deputy Chairman - Joules Wickstead, Secretary - Lucie Rowe, Treasurer - Sandy Arend, Membership Secretary – Sarah Madgwick, Training Co-ordinator – Anna Noble, general dogsbodies – Brenda Henney, Jo Rudkin and me!

At the AGM we also voted to donate £50 to a charity as our coffers are quite healthy. We were trying to choose one from four options; 1) The WVS, a veterinarian service based in Cranborne that provides disaster emergency response and international veterinary training to community education programmes, they send teams, equipment and medicine to help animals who have no one else. 2) The Brook, which is an international animal welfare charity working to improve the lives of working horses, donkeys, mules and the people who depend on them. 3) Willberry Wonder Pony, This charity aims to support vital research into bone cancer and osteosarcoma in particular. And 4) Woofability – training assistance dogs for disabled people and children with autism and Down's syndrome.

However, as they are all such good causes we could not choose one so decided to donate £50 to each of them 😊 and we have already received some thankyou's... The WVS have also offered to come along and give us a talk about what they do, so we might arrange a social gathering next year... this is a photo of the team working in India... wine and WVS maybe... 😊



Stuff that's happened...

Myofascia Ball Class

We had a lot of interest in this one and the inaugural class started this week at Godshill Village Hall. A massive thankyou to Theresa for giving her time free of charge.

Sandy was one of the lucky guinea pigs...

It was a very chilly night, but luckily our lovely chairman Tina had put the heating on and Theresa supplied lots of mats to make sure we were all comfy and warm.

Theresa explained what our myofascial balls class was all about - myo means muscle and fascia means connective tissue.

By using the balls we can find any areas in our bodies which are tight and through pressure on the balls we can release them.

In this session we did hamstrings and glutes. We were all laughing at first as we tried to balance on the ball but with Theresa's guidance we all managed not to wobble too much.

It was a great session and we all felt a big difference at the end.

Of course not forgetting some lovely nibbles and a glass of wine to finish the evening very nicely.



Theresa will be running another Myofascial Ball session on 16th

December 7pm at Godshill Village Hall. Cost £5. Limited to 10. Contact Brenda - pootlin@hotmail.com - ASAP as places fill very quickly.

We will be working on the upper body this time, so hopefully will not be practicing our contortionists' positions!!!

Tenantry Farm Cross Country.

Again this was really well attended, here is Wendy's account of the morning...

What a great time we all had at Tenantry cross country course on Saturday November 19th. We arrived at the field in freeing conditions and it promptly rained but then, and I kid you not, the rain stopped and a double rainbow formed over Rockbourne (cue violins!)

The event was very well supported with 22 members booking in, including some of our younger members. Joules arranged for the faster riders to set off first followed by those who preferred a more leisurely pace this time.

The very beginning of the ride was magnificent, riding down the beautiful drive line with beech trees, and then the fun began! Everyone could choose whether to attempt each jump, some avoiding most and just enjoying a fabulous ride in the autumn sun, others took on the challenge with gusto.

The ponies and horses all seemed to enjoy the 7 mile ride and everyone I spoke to thought it a most successful event.

So a big thankyou to Joules and Jo for making the arrangements, this is one we should definitely do again.



Brenda & Barney, Wendy & Bert, Alex & Twizzle making their way back to the lorries after their zoom round Tenantry.

Reminders...

Christmas Spider Ride - 11th December

Make your own way to Cadnam's Pond, Stoney Cross Aerodrome for 12.00 where we will all meet up for a welcome glass of mulled wine, something scrummy to eat and a chat before wending our way back home.

Fancy dress encouraged ... at least some tinsel ... Prize for the best dressed & rider.

Only £5.00. Members only, please let Lucie know by Monday 5th December at gvcsecretary@gmail.com



horse

New date for your diary...

Quiz Night - February 4th

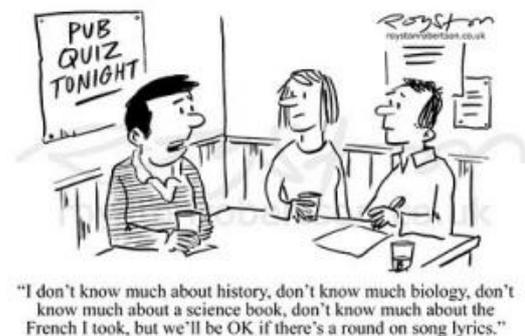
Godshill Village Hall 7.30pm

Really good fun evening... teams of up to 6, non-members very welcome. It is NOT a horsey based quiz, although there may be odd pony related question ☺

£5.00 each including ploughman's supper.

Raffle to raise money for WVS, any donations of raffle prizes gratefully received.

Let me know if you would like some tickets - sunshine.gardens@yahoo.co.uk



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Tack Room Noticeboard

If you have anything horse related; equine services, tack, rugs, boots, trailers, ponies! that you want to sell/loan/buy let me know and it will be included in the newsletter. If you can send me photos even better.



One of our members, Louise Cooke, has a winter offer on her equine massage sessions – There is £5 off all sessions from 25th November to the 25th January.

Louise also has gift vouchers available... a great Christmas present for your horse! or introduce a friend and receive a voucher for £10 off your next visit.

Contact Louise on 07876 820379 louisejcooke@gmail.com

Remember if you have ANYTHING you would like included in the next newsletter; fun things you have done, ideas, photos, etc. Just send it to me at the email below... ... have you been hunting, dressage training, pony clubbing anything at all...

Happy riding everyone.... Oh and happy Christmas shopping!!

Tanya

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**Boys? Oh please,
I prefer horses...
They make me happy.**

