



Gorley Vale Riding Club Newsletter

SEPTEMBER 2016

Hi Everyone,

Summer is drawing to an end.. Not that you would know from the lovely warm days... children are back at school, holiday season finished... I hope that everyone had a good time and enjoyed the sunshine... I just wish the evenings weren't closing in!

We had a low response to the Olympia trip so at the last committee meeting it was decided not to go ahead.

Stuff that's happened...

Endurance Team - Bonham Ride

An update from Brenda:

We had a team of 5 for the Bonham ride, which consisted of Sarah and Polo, Brenda and Summer, Mark and Tex, Tina and Marmite and Hannah and Rolo. We all rode as one team although only 4 scores were counted. It was a very fast ride over some lovely downs but there was also quite a bit of tough road and track sections. We didn't have a crew this time so had to make do with jumping off at water troughs to slosh the horses, even using Mark's drink bottle at one 'water hole'. Thankfully it wasn't too hot that day and we had an added bonus of having to cross a really deep ford which came up to the ponies chests. Summer was desperate to have a nice roll! We completed the ride at a speed of 13.1kph. Our fastest yet and had Grades from 1 to 4 and a completion. Both Polo and Marmite got their best grades of the season.

Our next & last ride for the year is the Rufus Ride in the New Forest so a really nice local one to end on.

New dates for your diary...

September 20th 8pm - Wessex Riding Group talk & chat - Woodfalls Inn

This month Gina Hemmings is coming to talk about Balance of Horse and Rider. There will be some simple balance exercises to try (before the second Pinot Grigio) as well as some Tai chi and breathing so it could be a fascinating evening which could lead to an even better understanding of our horses. Balance is a theme that comes up again and again from the experts so it could be a real help!

Guests are welcome - £3

September 22nd Area 17 Training Day - Fire Safety on Equine Properties

Lyndhurst Community Centre, SO34 7NY at 7.30pm

by Jim Green, Animal Rescue Specialist. Free entry to BRC members by showing membership cards or minimum £2.50 donation from others. Further details from Suzanne Kempe - suzannekempe@uwclub.net (01590 675854)

Try out trialling!!! Sunday 2nd October - Tina's fields, Godshill. Members Only

*We need an idea of numbers coming as if we have low interest we will cancel this one. So please let us know as soon as you can if you want to come. **Entries will close on 25th September.***



A fun day practicing our hunter trial skills. Downhill control, natural fences, gates, streams, bridges...

Soup and coffee included, only £10

Contact Tina or me to book in: tinawhittet@btinternet.com or sunshine.gardens@yahoo.co.uk

Gorley Vale Riding Club AGM - Thursday 3rd November.

Lucie will be sending proper notice etc. of the meeting at a later date, just pop it in your diary for now.

Christmas Spider Ride - 11th December

Lucie has offered to organize a Christmas spider ride, with hot refreshments provided at 12.00 at Cadnams Pond, Stoney Cross Aerodrome... Maybe baked potatoes and mulled wine. ☺



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

Cost will be about £5.00. Will confirm in next newsletter.

Respond to Lucie to book in by Monday 5th December using gvrsecretary@gmail.com



the best

Other Stuff...

Our treasurer Sandy has recently used the services of Louise Cooke an equine massage therapist on the pony that she rides. (owned by Brenda) Here are her thoughts

We decided to treat Summer to a massage in August, she has been working very hard this year training at home and competing for the Wessex Endurance Team, she has been performing exceptionally well, attaining grade 1's.

Louise arrived and assessed Summer, taking lots of notes, then proceeded with the massage, she had never had a massage before, Louise was very quiet and gentle and put Summer at ease immediately, understanding what she liked and enjoyed, Louise said that Summer was very supple. Summer remained relaxed the whole time, this was about 3 hours from start to finish.

Louise was very thorough and sent a comprehensive report to us after the massage, which was very informative.

Louise's details are below if anyone would like to treat their equine friend.



I am a fully qualified Equinology® Equine Body Worker (EEBW) and have recently started practicing in the area.

As an Equine Body Worker I use a range of sports massage techniques and stretching exercises to relieve tension, increase range of motion and improve the overall performance of your horse. Equine massage has an important role in maintaining general wellbeing and reducing risk of injury. In each session I work on the whole horse and provide feedback documentation as well as recommending any exercises or massage techniques that I feel would be beneficial for you to do with your horse in between sessions.

All horses can benefit from Equine Body Work whether they are in hard training for competition or your leisurely hacking pony. Benefits include: improved circulation, enhanced muscle tone, improved temperament, aids recovery from injury/illness and provides relaxation. For an older horse, massage can play an important part in maintaining comfort and fluidity in their movement.

If you are interested in booking a session or for further information please contact Louise.

Phone: 07876820379

Email: louisejcooke@gmail.com

The Tack Shop

If you have anything horse related; 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.

Nothing this month

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

Tanya

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