



GFHC Newsletter

UPCOMING EVENTS

MARK THE DATE			
Sun, Jan. 14, 2018	Annual General Meeting MARK YOUR CALENDARS	Forest Centre	https://www.gfhc.ca/gfhc-agm
April, 2018 <small>Date to be confirmed</small>	Breakfast Meet and Mingle	Watch for final details	
May 12, 2018	Tack Swap	Sandaraska Park	

COMING IN THE NEW YEAR - 2018 Events are currently under review.

Watch for finalized details after the Annual General Meeting.

2018 Memberships forms online

Annual memberships are valid from January - December of the calendar year

<https://www.gfhc.ca/membership-form>



*You're
invited*

We are booked into the Seminar Room at the Ganaraska Forest Centre
1:00 p.m. – 3:30 p.m. ~~~~ Sunday, January 14, 2018.

Nominations for Board members are now being accepted. As per the Club's constitution, "There shall be a minimum of six (6) Directors, but no more than ten (10) Directors, including four (4) Executive positions."

A Good Time Was Had by All



Wow – a full house! Thanks to all who came out for our Annual dinner/dance held at the Millbrook Legion on Saturday, 18th of November.

Great food – (the buffet was delicious) --- **Great people** (such a fun group of people) – **Great time** (was had by all)!

THANKS TO EVERYONE WHO MADE THE DANCE SUCH A SUCCESSFUL EVENING!

“Hats off” to Sue Hagerman ---- your decorations, hard work, and talents were superb!

Everything looked lovely!

Congratulations to our Prize Winners	
Prize	Winner
Door Prize: Booze Basket	Sue Hagerman
Door Prize: Weekend at Horse Country Canada Donated By: Horse Country Canada	P.J. Jones
Door Prize: Omega Alpha Gift Basket Donated By: Omega Alpha (Joanne Carr)	Donna Melrose
Toonie Toss: 1.75L Crown Royal	Joe Boyd

WINTER TRAIL RIDING

Trails are closed to motorcycles and ATVs from
December 1, 2017 to April 30, 2018.

Trails are closed to horses and mountain bikes from
March 1, 2018 to April 30, 2018.

Horses are not permitted on the track set ski trails in the Central Forest.

Equestrians who use snowmobile trails are requested to ride in the
same direction as the arrows.



There was an excellent online article on **CHARACTERISTICS THAT MENTALLY STRONG RIDERS HAVE IN COMMON**. Top 10

1. They don't feel the need to win.
2. They don't fear pressure.
3. They don't doubt their plans.
4. They don't get distracted.
5. They don't lose faith.
6. They don't push others down.
7. They don't get frustrated when things don't go their way.
8. They don't worry about the future.
9. They don't listen to the critics.
10. They don't forget about what matters most.

Believe in Yourself.

Due to copyright protection laws, we can't post the whole article, by Annette Paterakis, but please take the time to click on the link <http://test.venhuis.nl/annette/2016/12/02/10-things-mentally-strong-riders-dont-do/> and read everything.

“LET’S ALL APPLY THIS TO LIFE IN GENERAL --- IT’S NOT JUST FOR US AS RIDERS”

More Interesting Reading.....

I'm sure many of you receive "The Rider" magazine. However, if you don't or if you missed it, you may be interested in this article and possibly keeping it on file for future reference. It can be found on page 6 of the October/November issue.

1. ***The Way of Horses: Horse Leg Protection by Eleanor Blazer***

She discusses the following basic categories: (1) wound bandages, (2) standing wraps, (3) exercise wraps, and (4) shipping boots or wraps.

We all want to protect our horses and help them in any way we can. *Don't let leg protection cause a problem.* She also refers to an online course "Stable Management". Might be of interest for some www.horsecoursesonline.com for more info.

Shipping Boots



Standing Bandages



2018 GFHC Memberships



Membership forms can be completed online.

Cash ~~ Cheque ~~ e-Transfers

<https://www.gfhc.ca/membership-form>

Thank you for a fabulous 2017 year!

Because of **YOU** taking the time to volunteer in so many different ways throughout the year –
the GFHC has completed a very successful year! **THANK YOU!**



Bignell, Michelle (Cayuse Creek Ranch)

Kendall-Hayes, Genevieve (Saddle Fitter)

Boyd, Joe

Kimberly, Brent

Byers, Lisa (EQ Centric)

Kimberly, Debbie

Casteels, Brenda (Re-Max)

McMullen, Rita

Castleton, Marion

Melnychuk, Mary

Chernuk, Olga

Melrose, Donna

Coleman, Bob (Cayuse Creek Ranch)

Montgomery, Karen

Cook, Karen

Morgan, Kate (Great Leads n Reins)

Davidson, Liz

Norrad-Barber, Kathy (Happy Foot Photography)

Doherty, Allison (Port Perry Veterinary Services)

Pecile, Phyllis (Wishing Stone Farm)

Gibbons, Nancy

Prange, Susan

Glisinski, Dominique (Wishing Stone Farm)

Schjott, Paul

Grant, Dave

Soble, Ray

Grant, Tina

Vanderwaart, Kathleen

Hagerman, Rich

Vavra, Anne

Hagerman, Sue

Walden, Patrick (Trainer)

Hansford, Jacque

Willis, Diane

Hoskins, Jenny

Howard, Peggy

Tannahill, Lorrie

We apologize if we have missed anybody on this list. We've tried our hardest to extend our heartfelt thank you to everyone who helped out in any way!

So many ways to know what's happening! Stay in touch

Check out our website to keep in touch with what's going on.

www.gfhc.ca



Ganaraska Forest Horse Club



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We want the newsletter to be interesting and informative. Most of all we want you to enjoy it!

Email – Message us on Facebook – or send us a post card or letter. We value all suggestions.

*Let Us Know
What You Think*

Merry Christmas

“Wishing you and your families a very Merry Christmas and a happy, healthy New Year”

FROM YOUR GFHC BOARD OF DIRECTORS:

President: Dave Grant

Vice President: Sue Hagerman

Secretary: Tina Grant

Treasurer: Jacquie Hansford

Directors at Large: Rich Hagerman and Paul Melrose



***Don't walk behind me --- I may not lead. Don't walk in front of me – I may not follow.
Just walk beside me and be my friend.***