



GFHC Newsletter

UPCOMING EVENTS You won't want to miss!!!

MARK THE DATE			
Saturday, June 24 th 9:30 a.m.	Poker Ride	Central Forest	https://www.gfhc.ca/poker-ride
Sat, August 12 th 9:30 a.m. MEMBERS ONLY	Summer Ride	Central Forest	https://www.gfhc.ca/summer-ride
Sat, September 9 th 9:30 a.m.	Skills Ride	Cayuse Creek Ranch	https://www.gfhc.ca/early-fall-skills-ride

Visit our website for a complete list of 2017 Events <https://www.gfhc.ca/events>

Prize Winners from the Tack Swap:

- Grooming Gift Basket: J. Fernall**
(Donated By: The Melrose's)
- Fina Vista \$80 Gift Certificate: C. Soeffner**
(Donated By: Fina Vista Farm – Sterling Ontario)
- Jungle Cat World Family Pass: D. Moore**
(Donated By: Jungle Cat World – Orono Ontario)
- Halter: L. Tannahill**
(Donated By: Karen Cook)
- Horsey Painting: E. Love**
(Donated By: Jacquie Hansford)
- Fiske's Gift Basket: D. Grant**
(Donated By: Melanie Fiske)
- \$40 Cake Certificate: J. Fernall**
(Donated By: Anita Flynn)
- Slo Cooker: M. Devoe**
(Donated By: Brenda Casteels – Re/MAX)
- Horsey Welcome Mat: J. Fernall**
(Donated By: Joe Boyd)
- \$75 Sandaraska Gift Certificate: J. Fernall**
(Donated By: Sandaraska Park, Pontypool Ontario)

CLix Photograph Photo Session Winner: E. Love
(Donated By: Shawn Hamilton, CLix Photography)

Send us any suggestions you have to make the next tack swap bigger and better! gfhclub@gmail.com

*Wow – what a success, for our 1st **Tack Swap**. Lots of great bargains. Buyers and sellers went home smiling!*

Thanks to everyone who helped out in any way – big or small! Can't forget about Paul Melrose and Joe Boyd – two of the best chefs around town! Also big thanks to members {Kathleen Vanderwaart & Karen Cook} who donated items with proceeds going back to the club.....much appreciated ladies!

And a huge thank you to Sandaraska Park for letting the club hold this event at "La Barn", lending us the golf cart and helping us out in so many ways!

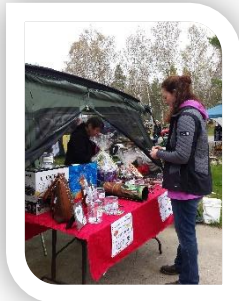
*The **Early Bird Ride** at Wishing Stone Farm was another huge success. Big thanks to Solstice, Phyllis, and Dominic for hosting this event at their property. East Forest was lovely & enjoyed by all!*

Winners of the Early Bird Ride bucket draws:

- Hay Bag & Horse Treats: T. Montgomery**
- Swat Fly Repellent: D. Melrose**
- Welcome Horsey Hanging: S. Hagerman**
(Donated by: Orono Co-Op)
- Horsey Tea Light Dome Light: G. Lean**
- Ladies Horsey Scarf: D. Melrose**
- Honey Almond Bath Duo: K. Norrad**

TWO FUN EVENTS

Tack Swap Pictures



The **Early Bird Ride** was fantastic – even with the weather man not co-operating at the start. The weather certainly didn't put a damper on this ride. Very well attended! A great day, great fun, and great people! Beautiful trails at Wishing Stone Farm. Big thanks to all who attended and helped out in any way – for instance:



There's always work to be done "behind the scenes". Prior to the ride, a hard working group went out to clear and prep the trails for the Early Bird Ride--several trails had been blocked by fallen trees and logging residue. THANK YOU to Dave Grant, Phyllis Pecile, Dominic Glisinski, Paul Melrose, and Rich Hagerman. *"Kudos to you all on a job well done"* The trails were awesome! Several members have mentioned an interest in trail maintenance and we will be organizing a trail maintenance day in conjunction with the GRCA this summer.

Watch for the announcement.

We've received great feedback on the food at our events. We couldn't do all this preparation without the help of our volunteers. Compliments to our two chefs (Paul & Joe) the food is always very tasty. Additional menu items were donated by Club members: Ray Soble & Peggy Howard, Sue Hagerman, Tina Grant and Kathy Norrad - Happy Hoof Photography. *Several members have mentioned an interest in contributing food to our events. If you have a salad or dessert you would like to share, please let us know at gfhclub@gmail.ca and we'll add you to the menu! "Many hands make light work"*

Phyllis, Solstice and Dominic we can't thank you enough for hosting this event.



The **Poker Ride** will take place in **Central Forest** on **Saturday, June 24th**. Registration at 9:30 a.m. Lots of parking available.

Get a group together and come out for another fun event!

<https://www.gfhc.ca/poker-ride> Well marked trails.

Enjoy the forest and ride at your own pace. Did you come alone? We can match you up with somebody to ride with or, if you'd rather ride alone – you decide - it's your choice.

Come out and enjoy the forest and nature at its finest.

Bucket draws with great prizes, food and refreshments! "MARK YOUR CALENDAR"

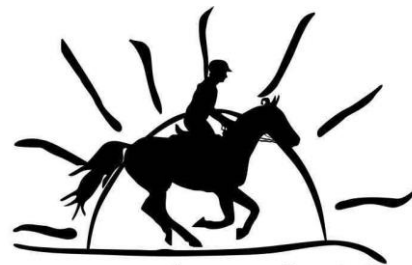


"Invasive Species Walk"

Saturday, June 3rd: GRCA, County Road 28, Port Hope 10:00 am – 12:00 pm

http://www.ganaraskaforestcentre.ca/2017_Ganaraska_PublicEvents.pdf

Call for full details and pricing 905 885-8173



Summer's End Ride

"An Introduction to Long Distance Riding" - Summer's End Clinic

Location: "Wishing Stone Farm", Balieboro, Ontario

Your Hosts: Solstice & Phyllis Pecile and Dominic Glisinski

Contact: 905 797-3411 pecilefarm@gmail.com

Check out the links below for full details on the **Summer's End Clinic** (Saturday, August 19th) & **Summer's End Ride** (Saturday, August 19th and Sunday, August 20th)

https://octra.on.ca/mc-events/summers-end-clinic/?mc_id=118

https://octra.on.ca/mc-events/summers-end-ride/?mc_id=153

The GFHC would like to thank "Wishing Stone Farm" for hosting our Early Bird Ride on May 27th. Such an awesome event held at a great location! Enjoyed by everyone!



Did you know.....

Event-specific forest passes are included in your membership. When participating in GFHC events you DO NOT require a Ganaraska Forest Pass. However, if you plan on riding in the forest outside Club events, you must purchase either a day pass or annual membership. Visit www.grca.ca for details.

Non-members are welcome at our rides but must complete a waiver, show proof of

insurance, and pay the non-members' ride fee. A single ride is \$15 per rider or an annual membership can be purchased for \$30 for single or \$50 for family membership. You may join the GFHC by submitting a membership application and payment of membership fees at any event.

<https://www.gfhc.ca/become-a-member>

Horseback Riding

The Ganaraska Forest is an extremely popular destination for horseback riding. With over 11,000 acres of forest to explore it's no wonder that both local residents and riders from across the province come to the Ganaraska Forest for their trail riding experience. A large parking area designated specifically for horse trailers is located just east of the Ganaraska Forest Centre on the 10th Line of the Municipality of Port Hope and provides direct access to the Central Forest trails. Horse trailers are not permitted to be unloaded at the Forest Centre.



PLEASE REMEMBER TO ALWAYS CLEAN UP BEFORE LEAVING THE PARKING AREAS

[Ganaraska Forest Equestrian Use FAQ](#) - developed in partnership with the [Ganaraska Forest Horse Club](#)

From your 2017 Executive Board Members: Sunday, June 18th

President: Dave Grant

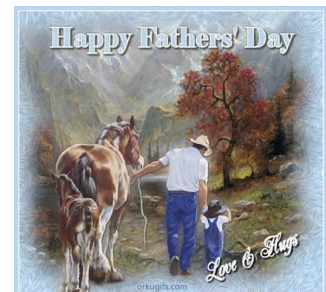
Vice President: Sue Hagerman

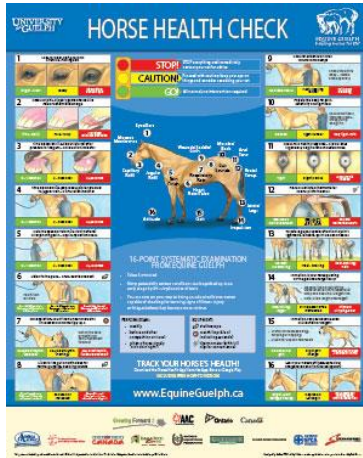
Secretary: Tina Grant

Treasurer: Jacquie Hansford

Directors at Large: Bob Coleman, Paul Melrose & Rich Hagerman

"Dad – a son's first hero and a daughter's first love"





"SEARCH & WIN" WINNER!

Thanks to everyone who participated in the May newsletter contest. First correct reply (*You are a winner*) received April 28th at 8:01 am

Congratulations - ANNE VAVRA

Thanks to Greenhawk Peterborough, another donation from them, the winner received a beautiful University of Guelph laminated "Horse Health Check" poster. These posters are great to keep handy in your barn --- available at Greenhawk Peterborough for only \$9.99.

<http://www.equineguelph.ca/education/store.php>

http://www.ridewiththequo.com/blog/natural-enemy-horse?utm_source=horsenetwork&utm_medium=HNS&utm_campaign=5099567&utm_term=

"A Lengthy Article – well worth the read"

Force: Natural Enemy of the Horse

The use of force to get what you want is a paradox. You may initially get what you want. However, you will most often get any number of other things you don't want. Although it can bring momentary desired results, force always leaves a backlash of deeply counterproductive side effects. This is true whether it's used with humans or with horses.

For many horse people, there has often and unfortunately seemed to be no viable alternative. For years, I have heard heartfelt confessions such as:

"I hated having to _____ my horse but I didn't know what else to do."

Or "I watched my teacher/trainer _____ the horse to get him to do what they wanted. Since I'm not a professional, I assumed they knew what they were



doing. I hated the way it looked. Something inside me felt there had to be another way without using force. I wished I knew what it was."

In fact, there has been another way for thousands of years but only in the last 50 has it begun to gain noticeable recognition. **That way is referred to as Natural Horsemanship. It replaces force with communication, psychology, and compassion.** It's the same method horses have always used to get what they want from each other. It's natural for them. If you asked them they would simply call it leadership.

When a human wants something, they usually begin by asking for what they want. If they don't get it, they can become impatient, frustrated, or angry. This often leads them to use some form of force and/or intimidation (mental, emotional, or physical) to get

what they want. This is called being aggressive. They do this with other people. They do it with horses.

When a horse is not getting his way he dominates either the other horse or his human. He does not use force or intimidation. He does something that will cause the other to become uncomfortable such as pin his ears, turn his butt, or lift his leg. The implication is: “if you don’t comply with my request, I will continue and cause you even more discomfort.”

At this point, because more discomfort usually implies a bite or a kick, the other horse or human respectfully complies. This is called being assertive. Being assertive commands respect. Being aggressive creates fear. Force is aggressive.

Humans are predator animals. Horses are prey animals. The horse’s natural enemies are predator animals: mountain lions, wolves, and yes, humans! Predators kill prey animals and eat them. All horses know this: Predators are aggressive—Predators use force—Predators eat prey. ***This is the reason that force is the “natural” enemy of the horse.***

The natural home for a horse (prey animal) is living with other horses outside on open land with endless places to run. Living outside enables horses to flee from and outrun its enemies. The natural home for a human (predator) is indoors in a house (barn), an apartment (stall) or, thousands of years ago, a cave (horse trailer).

The first time horses are asked to enter the human world of barns, stalls, and horse trailers, they need to

be taught with compassion and great patience to feel safe and comfortable. If they become naturally apprehensive, resistance is the only way they know how to tell us: “Hey, this is scary, it feels uncomfortable, so please don’t force me to do this.”

If we look at this from the horse’s point of view, unless he feels 100% safe, he **never wants to be in a situation where he cannot escape to save his life.** Horses know that it’s not healthy to be trapped by a predator. They know that only predators use force. For a horse, force feels like being trapped. Being trapped is what happens to a horse just before he’s eaten.

If you force a horse to comply, especially if he’s not confident or feeling safe, he will use everything in his power to escape from the source of the force (e.g. you!). He will do this whether you are using force on the ground or on his back. The more force, the more resistance, and the more possibility of injury to both human and horse.

No one likes to be forced to do anything. When I was a kid and I didn’t practice my trumpet, my father would get mad and yell at me to practice. He was big, scary, and intimidating, but I was never afraid he was going to eat me. When a human gets to the point of using force with their horse, they’ve often become frustrated, annoyed, or angry. Horses are hardwired to immediately read these emotions as predatory and, therefore, as a potentially life-threatening situation.

What may start out as annoying resistance from your horse can frighteningly escalate if the use of force

increases. The horse will not only resist out of fear, he will defend himself at all costs: bucking, biting, rearing, kicking, or running away at top speed.

Natural Horsemanship teaches humans to look at their relationship with their horse from the horse's point of view (compassion). To see it like a horse, we have to learn and know how and what horses think (psychology). We have to learn how to tell our horse that we understand his point of view, know why he feels that way, and ask him for what we want in a way that feels comfortable to him (communication). We need to become our horse's leader.

Most horses, like most people, are good, kind at heart, and capable of making profound changes in themselves. Riding horses is not natural, otherwise we'd see horses riding other horses. For a horse to learn to feel safe with a human predator on his back requires a relationship built on mutual love, trust, and

respect. This can only be achieved with communication. It cannot be achieved by force.

Once we all honor each other's true nature, embrace it, and work together, force becomes a tool of the past replaced by love, understanding, and communication. This is the foundation for all positive relationships—prey and predator, human and horse.

“To force a horse when it does not understand is like training a dancer by whipping and spurring” — The Art Of Horsemanship by Xenophon – Greek General – 365B.C.

“Respect should be earned, not demanded.”



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



gfhcclubtreasurer@gmail.com

gfhcclub@gmail.com



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 welcome positive and negative suggestions.

*Let Us Know
What You Think*

“HAPPY TRAILS”