



# NEWSLETTER

The Granite State Carriage Association  
<http://www.GraniteStateCarriage.org>

**January/February 2018**

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**SLEIGH RALLY FEBRUARY 18TH!!!**  
**At the Townsend's, Lebanon, N.H.**



Five miles of groomed trails to sleigh on! Plus 60 acres of open fields available for the more adventurous. And there is plenty of easy trailer parking too!! Here is a great chance to have fun with your horse and that sleigh that hardly ever comes out of the barn.

As it will be a lot of work to set this up PLEASE let Carolyn know ASAP if you will be coming. Her snowmobile friends will be packing the wide trails and she does not want them to do all that work if no one is interested in coming.

Carolyn Townsend: [cmtownsend2@gmail.com](mailto:cmtownsend2@gmail.com)(603) 448-3478, cell: (603)359-1505

All the details are in the attached flyer.

**COME IN FROM THE COLD ON MARCH 18TH!!**

**GSCA ANNUAL MEETING**

**At The Red Blazer Restaurant , Concord, NH.**

**Join us in celebrating OUR 40th anniversary  
beginning at 12 noon.!!**



It's a party!! Annual Dinner Meeting with Great food, special program, prizes & special gifts, THEN THE FAMOUS AUCTION - Don't forget to donate items horse related or not for this important fund raiser- ,

**Please make your reservations by March 9th.** You should already have received a flyer with all the details but another is attached to this newsletter in case you mislaid it.



**ELECTION OF OFFICERS AT ANNUAL MEETING**

**Nominees sought**

We will be electing several officers at the GSCA Annual Meeting and 40th Anniversary banquet and auction on March 18, 2018.

Jean Harvey, President, is eligible for a third 2 year term  
Cindy Schlener, Director (B), is eligible for a second 2 year term  
Rene Wormell, Secretary, has declined to stand for third 2 year term

Should you be interested in any of the above three positions forward a brief biography which should include who you are, what you do with horses, where you live. why you enjoy the club, and why you will make a good candidate for office. (for publication in the newsletter and on the website)

We do hope that you are planning to attend the annual meeting which will be extra special this year, the 40th anniversary of the GSCA.

The GSCA 2018 Nominating Committee:

Macy Gotthardt, Chair [mgotthardt@earthlink.net](mailto:mgotthardt@earthlink.net) 603-569-3633 or 508-277-1210  
Ginger LaPlante [canterbrk@aol.com](mailto:canterbrk@aol.com)  
Sonja Cahill [rjcmoosecaboose@yahoo.com](mailto:rjcmoosecaboose@yahoo.com)

## **NEW! CHANGES TO GSCA CALENDAR LISTINGS 2018**

### **ANNOUNCING— GSCA Friends & Partners Listings**

In 2018, we are listing Acadia Meet-Ups (THREE!) and the Wilkings' Educational ADT's (ADS-supported) separately from GSCA-hosted Outings. We have also changed the Myles Standish Camping Outing to a Meet-Up similar to Acadia.

There will be no GSCA signups or GSCA Liability forms for these events. All these activities are held by— and thus insured by— other organizations or facilities separate from GSCA. They WILL require individual sign-ups and registrations with the facility or organization where they are held.

Please contact the persons listed for registration information for Acadia, Myles Standish, and the Educational ADTs.

### **NEW! – SOME OUTINGS WILL REQUIRE PRE REGISTRATON IN 2018**

With our 2018 Calendar of Activities release, you will note three Outings which will be newly asking for Pre-Registrations in 2018:

- 1- Chocorua Camping Outing (July 22-24)
  - 2- Sleigh Day (Feb. 18)
  - 3- Pemi River Trail Day Outing (Aug. 26)
- (Shelburne/Meach Cove Outing already requires Pre-Registration.)

Pre-Registration simply means that new memberships and dues renewals will either be made to PayPal in advance, or received by the Treasurer in advance. Also, completed Liability Forms with copies of Coggins' will be supplied to the Hosts several days in advance of the Outing date (via Email or postal mail.)

Chocorua— our best-attended and longest standing drive/ride— is so popular that check-ins and paperwork have taken more and more time each year. With various parties arriving on different days and at varying times of the day, the Host has needed to be on the grounds to manage their arrivals. So much time was needed that the Hosts had little time remaining to take part in their own outing. Pre-Registering will facilitate planning for camping spaces as well.

#### Sleigh Day and Pemi River Trail—

Pemi River Day Outing has quickly become so popular that the limited parking has become crowded. Advance Registration allows this Host to better plan for parking. It will allow the mid-winter Sleigh Day Hosts to better plan for packing of trails, and to keep warmer on Sleigh Day!

Pre-Registration for these Outings allows all the Hosts to focus more on the many things they do to make GSCA Outings so enjoyable. It also allows targeted notifications in case of changes or cancellation. A waiting list will be maintained for those Outings with space restrictions.

Outing Flyers, the club website, and GSCA's Facebook page will have Pre-Registration details spelled out before the 2018 season starts. We thank you for your understanding!

### **ANNOUNCING— GSCA SCHOLARSHIPS WILL BE OFFERED**

Starting in 2018, GSCA, as part of the Club's commitment to Safety— will offer Scholarship reimbursement for EDUCATIONAL activities (usually horse-less) such as talks and classes about driving safety and equipment, general horse safety, getting started driving, trailering tips etc. Not to include paid driving or riding lessons.

Current GSCA members will be supported by a \$25 Scholarship (per member) for attending such classes. Apply to Eric Wilking, Treasurer, [Treasurer@GraniteStateCarriage.org](mailto:Treasurer@GraniteStateCarriage.org) for \$25 for your completed Educational activity from the list of "Friends & Partners of GSCA 2018."

PLEASE INQUIRE OR ADVISE US about other opportunities not listed which might qualify for Scholarship support!

Educational opportunities as offered by other orgs. can be found on "Friends & Partners of GSCA." This listing will be available on GSCA's website [www.granitestatecarriage.org](http://www.granitestatecarriage.org), also as a link on Facebook—GSCA Granite State Carriage Association [www.facebook.com/groups/GSCAdriving](http://www.facebook.com/groups/GSCAdriving)

## **EQUESTRIANS AND DIABETIES**

Horses are amazing animals. I grew up riding horses from the age of 12. My best friend, Kelly, who had [Type 1 Diabetes](#), also rode with me on occasion, and had a great love for these large, but gentle and mystical animals. I remember Kelly's diabetes routine from the trail rides we would go on. She had to do some extra planning, so that she would have an enjoyable ride without any incidences of low blood sugar.

### **Kelly's story**

Before heading out on a long trail ride, Kelly would check her blood sugar in the tack room. Sometimes, she would eat a snack, and sometimes she wouldn't. She took insulin injections. One time before going on a particularly long ride through a mountain gorge, Kelly stopped her horse on the trail, pulled out her glucometer, and tested her blood sugar. She then gave herself a small injection of insulin, and we rode up the mountain gorge, with no incident.

One summer, with a group of summer campers, things on our trail ride went the wrong direction, and quickly spiralled out of control. I was on the lead, and Kelly had the camper's backs. She was riding behind the last of six campers at Greencove, taking up the lead, as we followed the creek, down the mountain; each horse carefully placing each hoof, so as not to slip, and slide down the steep bank. It got so steep, we all had to cut an angle down and across the mountain. Briars were thick, and we were moving slowly.

My horse's hoof came out first, landing squarely in a hole, until he sunk down to his knee, with his leg lost in the hole. Out came the swarm of bees, quickly like an army, up the line of horses; riders flying off, reins waving in the air, horses rearing and bucking, and running off down the gorge. It all happened so fast. I looked behind me where I saw campers and Kelly running through the woods, swatting at ground bees hot on their heels.

After we had all calmed down, rounded up the horses, and treated our bee stings, Kelly realized how long it had been since she had last eaten. She was feeling a little weak. She checked her blood sugar, and sure enough, amidst all the commotion, Kelly's blood sugar had dropped to 50 mg/dl. Kelly took three glucose tablets. After an hour, we cooked spaghetti over the campfire, as we settled in to sleeping bags and tents under stars, with horses in the paddock nearby.

In all the times I rode with Kelly, she never had another incident related to her diabetes and horseback riding. The moral of Kelly's story is that it doesn't matter if you have diabetes or not, you can still go horseback riding. Sure, there is extra planning that goes into it, and steps you must take to stay safe on long rides, but it is all worth it.

With careful planning, and a few tips in your pocket, you can be an Equestrian with diabetes. You could pleasure ride, compete in events, dressage, jumping competitions, fox hunts, or any number of enjoyable riding activities. It's good exercise, too. We shouldn't underestimate the power of exercise to bring our blood sugars in control.

There is also a great deal more information on diabetes & horse activities n this web page.

From: [thediabetescouncil.com](http://thediabetescouncil.com)





## UPCOMING EVENTS OF INTEREST

- FEB. 17 GET READY FOR SPRING MID-WINTER DRIVING CONFERENCE. Saratoga Driving Assn. All the details and sign up are on the website <http://www.saratogadriving.com>
- Feb. 18 CARRIAGE CONVERSATIONS. Touchstone Farm, Temple, NH Contact: Boo Martin: [bmartin@touchstone-farm.org](mailto:bmartin@touchstone-farm.org)
- FEB. 18 **GSCA SLEIGH DAY Lebanon, NH** Contact: Carolyn Townsend  
**sno date** [cmtownsend2@gmail.com](mailto:cmtownsend2@gmail.com). (603) 448-3478 ell (603) 359-1505
- Feb. 25**
- Feb 25 TOBOGGANING DEMONSTRATION OR PARTICIPATE. Southern NE. Carriage Driving Assn. 1064 Grove St. Farmingham, MA. Bring your own horse or use one of Kelly's. RSVP [SCNECDA@gmail.com](mailto:SCNECDA@gmail.com)
- Mar 10 NH HORSE COUNCIL ANNUAL MEETING. Suncook Business Park. 65 Pinewood Rd. Rt 28. Allenstown, NH. 9:30 AM All are welcome.
- MAR 18** **GSCA 40TH ANNIVERSARY ANNUAL MEETING.** **Reservations open til March 9 via PayPal: [www.granitestatecarriage.org](http://www.granitestatecarriage.org) or contact Eric (603) 731-0513 [ewlsu@gmail.com](mailto:ewlsu@gmail.com) Jean (603) 667-1880 [jharvey@cli-usa.com](mailto:jharvey@cli-usa.com)**
- Mar. 18 CARRIAGE CONVERSATIONS. Touchstone Farm, Temple, NH Contact: Boo Martin: [bmartin@touchstone-farm.org](mailto:bmartin@touchstone-farm.org)
- April 21 COLONIAL CARRIAGE & DRIVING SOCIETY SPRING CLINIC. Orleton Farm, Stockbridge, MA.
- April 23 ARENA DRIVING TRIAL. Blackbridge Farm, Southbridge, MA.

### **A RECREATIONAL HORSE CLUB FOR DRIVERS AND RIDERS**

**JOIN US NOW JUST FOR THE FUN OF IT (Riders Welcome)**

**PLEASE PRINT CLEARLY!**

Name (include all family members): \_\_\_\_\_

Address: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Facebook username or e-mail \_\_\_\_\_ New Membership \_\_\_\_\_

Renewal \_\_\_\_\_

Add \$1.00 for Maine Driving Club Associate Membership? \_\_\_\_\_

TOTAL SENT \_\_\_\_\_

**Any Changes from last listing?** Yes No What? \_\_\_\_\_

**Annual Membership Single or Family \$25.00 up to 2 adults & children under 18.**

Please make checks payable to: GSCA. For more info. call: Treasurer Eric Wilking  
(603) 731-0513

Mail to: Eric Wilking. 162 Pickpocket Rd. Brentwood, NH 03833



**Carolyn Townsend driving her grandchildren at 2017 GSCA Sleigh Rally**

**THE GRANITE STATE CARRIAGE ASSOCIATION**

**Virginia G. Laplante, Editor**

**137 Old Tilton Road**

**Canterbury, New Hampshire 03224**

**CELEBRATING 40 YEARS**  
**1978-2018**  
*Granite State  
Carriage Association*

