

NEWSLETTER

The Granite State Carriage Association

<http://www.GraniteStateCarriage.org>

APRIL/MAY 2015

PLEASURE DRIVE/RIDE AT TOUCHSTONE FARM OPENS OUR SEASON

MAY 17TH

Boo Martin has planned a fun day for us all at her Touchstone Farm in Temple, NH. There will be a 5-7 mile loop on quiet roads to drive and ride, plus a fun cones course and optional Poker Drive with silly prizes. Food will be available on the grounds. **Please plan to arrive about 10AM and RSVP by Friday May 15th.** All the details are in the flyer sent out via e-mail last week and also attached in case you have misplaced it.

16TH ANNUAL ELLET & SHIRLEY SEAVY MEMORIAL DRIVE/RIDE COMING **SATURDAY JUNE 6TH**

Once again Linda & Eric Wilking are hosting this popular drive over trails on the property of The Manchester Water Works including the popular 6 mile loop around Tower Hill. They are asking

people to **please try to arrive early to simplify parking and be on hand for the 10AM trail briefing** which is especially important due to rules covering this property. You may go out at will after the briefing. Everyone is invited to bring a lunch and picnic together after the drive.

All the details are in the attached flyer.



IMPROVED GSCA WEBSITE UP AND RUNNING

VP Connie Moses reports that the updated GSCA website is up and running. The 2015 calendar of events can be accessed on the website, however be sure to check back for changes or contact event hosts to confirm.



WITH AN EARLY SPRING DRIVING SEASON UPON US
PLEASE
REMEMBER TO BE COURTEOUS WHEN DRIVING

As riders and horses of all ages and degrees of experience come to our drives, and cars share the road, it is important to remember the rules of driving, and riding courtesy.

- 1 - Arrive at the scheduled time - don't mess up the drive organizer' plans for a group lunch etc. by being late.
- 2 - Check in with the drive organizers and fill out your release form. Better yet bring it with you all filled out to give to the organizer.
- 3 - Please leave ample room when parking next to another trailer. Keep in mind that horse(s) will be tied there--even though they might not be there when you pull in.
- 4 - Be sure to have a slow vehicle triangle on the back of your carriage.
- 5 - Stay as far to the right on the road as possible except when passing.
- 6 - Always pass on the left.
- 7 - Check for cars coming from behind before pulling out to pass.
- 8 - Stop and look both ways at all intersections before entering.
- 9 - No tailgating.
- 10 - Never pass another horse or carriage without requesting and receiving permission.
- 11 - Walk past ridden horses if possible. Do not trot by without asking & receiving permission. They may not be used to seeing carriages.
- 12 - If someone is having trouble with a horse, always stop & wait until it is under control before passing from either direction
- 13 - If someone is hitching or entering a carriage or mounting a horse, wait until they are in the carriage or on the horse and in control before asking to pass.
- 14 - NEVER PASS ANYONE AT SPEED. You could cause a serious accident!

REMINDER TO MEMBERS AND OUTING HOSTS

All GSCA members attending an Outing must be current-year Members with dues paid for that calendar year. This enables our club insurance policy to cover you and your guests. Also, GSCA liability releases must be signed by each party, as well as any land-owner releases if needed. It has been noticed that at one drive last year, some attendees were not current on their dues for that calendar year. We're sure it would be desirable to all to be covered by club insurance, just in case.

Drive/Ride Outing Hosts will need to be sure their Membership List is up-to-date and to double check each attendee's dues standing for the current year; membership dues can be collected at the Outing as necessary, the same as for any non-member who attends with a horse. Have Membership Application forms on hand.

Non-driving or non-riding Guests of a member are covered without paying dues but still must sign the liability release(s). Attendees can download Liability Releases from our club website-- <http://www.GraniteStateCarriage.org> -- on the "Outing/Host Resources" page. HOSTS NOTE: the updated Membership List, as well as Releases and the GSCA and MDC Associate Membership Application Forms, may be downloaded from our website-- <http://www.GraniteStateCarriage.org> -- Also find there downloadable "Fact Sheet" to fill out and accompany your Flyer, also "Drive Hosts Guide" with info and tips. Do check the site within a couple days of your Outing, in case a recently-updated Membership List has been added.

OUR CONDOLENCES TO LONG TIME MEMBER CRESCA ALBRIGHT ON THE LOSS OF HER HUSBAND MARK BARRY.

Cresca Albright recently lost her husband and best friend, Mark D. Barry. Mark fought a courageous battle against lung cancer and lived each day since his diagnosis with gratitude and joy for the gift of time with his family and making memories for those he loved. He enjoyed life and sharing his amazing sense of humor and imparting his wisdom to family and friends. Mark passed away peacefully on March 20, 2015 surrounded by family and friends at his farm in Hancock, NH. He was 60 years old.



TOUCHSTONE FARM HOSTS RETREAT FOR WOMEN VETERANS
Taken from article by Shawne K. Wickham in the May 2 NH Sunday Union Leader



Former U.S. Marine Lindsey Bernard of Manchester rides a Clydesdale horse named Gruffy at Touchstone Farm in Temple on Friday. (David Lane/Union Leader)

TEMPLE - "I'm in heaven," Lindsey Bernard grinned from atop a gentle giant of a Clydesdale named Gruffy, her face alight.

The 31-year-old Marine Corps veteran from Manchester was attending a weekend retreat for women veterans at Touchstone Farm, a therapeutic riding center in this southwestern New Hampshire town. There were horses to ride, lessons in carriage driving, eggs to gather and a barn where a friendly donkey, goats, sheep and miniature horses were happy to be fed and brushed. There were spa treatments, shared meals, hay rides - and the pleasure of each others' company.

"They're just the most phenomenal group of women," Bernard said. "We all have different backgrounds, ages, branches, where we served. But no matter what, you still have that underlying sense of camaraderie and sisterhood."

Like their male counterparts, many women have suffered for their military service; some have post-traumatic stress disorder (PTSD) or traumatic brain injuries (TBI). And some are dealing with the effects of what the Department of Defense calls military sexual trauma (MST).

The retreat at Touchstone Farm was a place for healing and wholeness.

Touchstone's owner, Boo Martin, has done therapeutic riding with children for many years, and thought the same magic could help wounded warriors as well. She has been working with folks from New Hampshire National Guard and the V.A. Medical Center to create programs for veterans and their families.

She's getting funding from Wounded Warrior Project and other foundations so veterans don't have to pay for activities at the farm. The women's retreat this weekend was the first of its kind. The only cost to the 11 participants: "Two hours at the end of a shovel," to help get the gardens ready for planting, Martin said.

Navy veteran Maggie Clarke of Goshen, right, gets a driving lesson from instructor Jean Harvey at Touchstone Farm in Temple on Friday. David Lane/Union Leader



Offering help

Shannan Brown is a peer support specialist for the Manchester V.A. Medical Center. She was an air traffic controller in the U.S. Air Force; she served in Afghanistan and has TBI and PTSD.

Brown has organized other retreats for her fellow women veterans. When she came to visit Touchstone last winter, it felt like a place where women could safely share their stories and secrets, she said. But she spent Friday learning how to drive a small carriage pulled by Blueberry the horse and taking a hayride behind draft horses Ben and Mike. Then it was off to the small barn to feed and brush the animals.

"These retreats are what's bringing me back alive," Karen Romanelli, who served in the WAC just after the Vietnam War, said, cooing to a friendly goat that had wandered over. She was working side by side with Jean Labbe, 52, who served in the Army from 1980 to 1984. "I just feel like we understand each other and have empathy for what some of us have gone through," she said.

Gerry Duncan of Nashua, the wife of retired Col. Richard Duncan, the former Army National Guard chief of staff, has worked with the Guard's many family support programs. When she learned about Touchstone Farm, it seemed the perfect place to bring military families to reconnect. They held their first family weekend last month.

Watching the women veterans bond and share their stories, even the painful ones, was further proof that what they're doing here can make a difference, Duncan said. "I can see it already," she said. "I want them to know no matter what they're feeling and where they're from, this is a safe place."

Bernard said she misses the Marine Corps every day: "The unconditional devotion you have for your brothers and sisters. Because ultimately, you'd take a bullet; you'd shoot somebody for your brothers and sisters." The youngest woman at the retreat, Bernard was finding that same comradeship in the group. "It's really heartwarming to be around these women, and even with the age difference, you still have that bond." Being at Touchstone Farm was helping her recover some of what she's lost. "I'm so grateful to be here," she said. "The horses are so therapeutic, both physically and emotionally."

When the afternoon activities finished on Friday, the group was off to a nearby dairy barn for ice cream. Later on, there would be an evening stroll, a bonfire and more time for talking and sharing. As they headed out, someone sang, "I scream, you scream..." "We all scream for ice cream!" the others joined in. Ripples of laughter followed, and the years, and some of the hurt, seemed to fall away.

Romanelli explained what was happening: "We're all sisters; we're all veterans." "And we knitted ourselves into a family."

[Link to original entire article sent in by Jean Harvey.](#)



UPCOMING EVENTS OF INTEREST

- MAY 17** **GSCA PLEASURE DRIVE & DRIVING CLUB POTLUCK** Poker Drive, cones, obstacles practice if desired. Touchstone Farm
- JUNE 6** **GSCA ELLET & SHIRLEY SEAVY MEMORIAL DRIVE.** Massabesic Watershed, Auburn, NH. Contact Eric & Linda Wilking (603) 731-0513 or wilking1@comcast.net
- JUNE 19-21** **GSCA MILES STANDISH MULTI DAY EVENT.** Plymouth, MA Contact: Linda & Eric Wilking. ewlsw@gmail.com 603-731-0513

2015 DUES ARE NOW DUE

Please use form below or Pay Pal on the GSCA website ASAP to pay and thus fund our activities
If you have not renewed this will be your last newsletter.

**THE GRANITE STATE CARRIAGE ASSOCIATION, INC.
A PLEASURE DRIVING CLUB
DRIVE WITH US JUST FOR THE FUN OF IT (Riders Welcome)
PLEASE PRINT CLEARLY!**

Name (include all family members): _____

Address: _____ State _____ Zip: _____

Phone _____ E-Mail _____

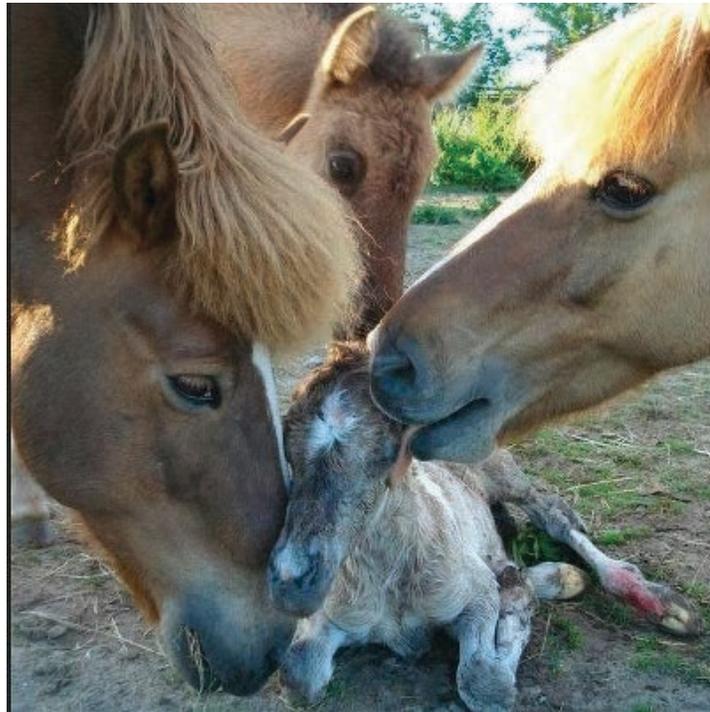
Facebook username or e-mail _____ New Membership ____ Renewal _____

Add \$1.00 for Maine Driving Club Associate Membership? _____ TOTAL SENT _____

Any Changes from last listing? Yes No What? _____

Annual Membership Single or Family \$20.00.

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



Welcome!

THE GRANITE STATE CARRIAGE ASSOCIATION

Virginia G. Laplante, Editor

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CELEBRATING 30 YEARS
1978 - 2008
*The Granite State
Carriage Association*

