



OAK LEAVES

Newsletter from the Oaks Driving Club February 2019

View from the Top

The Oaks have already started the new year with a training day with Sarah-Jane Williams which was enjoyed by nine drivers at Golden Cross. Our quiz in the next event and always a popular one. Jan Curd and Pip Holgate have been wracking their brains to devise questions and Martin is bracing himself for another stint as quizmaster.

New for the Oaks is a Race Night at High Hurstwood Village Hall on Saturday 13th April. Simon Chapman will be running the evening and bring videos of 8 races for us to watch and see if we can find the winner, betting (win only) at £1 per ticket (you may buy as many tickets as you like) - you may even come home with a profit! Simon also has some entertaining games to play during the evening. Andrea Scott is in charge of the supper - she is an excellent cook! May I please ask you to print off the poster in this newsletter and display it in a prominent place. Please come along and bring your friends and family for what will be a fantastic evening.



Please note change of date for our show, now 18th August (to avoid a clash with another local event) I look forward to seeing you out at an event very soon.

Liz Howe - CHAIRMAN

Annual General Meeting

If you have any questions or proposals that you wish to put forward at the AGM on Sunday 24th March, please notify a member of the committee before 1st March.

AGM Awards

If you won an award or trophy at last years AGM it is now time to return it (engraved if possible) to Jan Curd.

Groom's Award 2018

Now is the time to acknowledge your groom and thank them for all their help. If your groom has 'gone the extra mile' do write a short piece saying why they should be considered for the 2018 Grooms Award. Please send your nominations for the Best Groom Award, by 28th February to Liz Howe.

Next Event: Quiz, Tuesday 5th February at the Berwick Inn

Inside this issue:

Dates for your Diary

page 2

Training with Sarah-Jane

page 3

Equine Influenza

page 4

Funnies

page 5

Cookery Corner

page 6

Frisky Fieldwick

page 6

Race Night

page 7

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DATES FOR YOUR DIARY 2019

February

Tuesday 5th Quiz, Berwick Inn BN26 6SZ
Contact: Jan Curd

March

Saturday 16th Spring Indoor Event, Golden Cross
Equestrian Centre BN27 3SS.
Contact: Liz Howe

Sunday 24th AGM, Broadoak Village Hall,
TN21 8SS. 7pm.

April

Saturday 13th Race Night & Buffet. High
Hurstwood Village Hall, Chillies
Lane TN22 4AD
Contact: Andrea Scott

May

Saturday 4th Pleasure Drive, World's End,
Chiddingly
Contact: Liz Howe

Saturday 18th Inside/Out, Burchetts Farm,
Whitesmith BN8 6HA
Contact: Christina Fowden

June

Sunday 16th Attelage style competition
Contact: Moira Evans

July

Sunday 14th Inside Out, Hooe TN33 9HR
Contact: Kevin Jeffrey

Saturday 20th Training Day, Berwick BN26 6SP
Members only
Contact: Liz Howe

Sunday 21st Open Mini ODE, Berwick BN26 6SP
Contact: Liz Howe

August

Sunday 18th Driving Show and In-Hand Show
Broad Farm BN27 4DU
Contact: Jan Curd, Liz Howe

September

Sunday 1st World Cup, Hale Farm BN8 6HQ
Contact: Pru Wynne-Evans

Sunday 22nd ODE Sayerland Lane BN26 6QX
Contact: Jan Curd

October

Saturday 12th Autumn Indoor Event, Golden Cross
Equestrian Centre BN27 3SS.
Contact: Moira Evans

Indoor Carriage Driving

Sussex at Golden Cross Equestrian Centre -
9th February, 2nd March.

visit the website for up-to-the-minute news

www.oaksdrivingclub.com

DISCLAIMER: The views expressed in the articles printed in the Oak
Leaves are those of the contributors and do not necessarily reflect
the views of the Editor of the Oaks Committee.

Training with Sarah-Jane

We were very fortunate to have a days training with Sarah-Jane Williams at Golden Cross Equestrian Centre on Friday 18th January, nine drivers attended for a 45 minute lesson.

Jeni Longley started at 9 o'clock driving her lovely new pony who looked to be going very well indeed. Helen Bridges also had a new pony out, her delightful Shetland, Billy who enjoyed his first day with the Oaks - we hope to see more of him in the future. Everyone appreciated Sarah-Jane's quiet, sympathetic approach and blossomed under her tuition.

Moira Evans and Jan Curd manned the refreshments which kept us all sustained throughout the day and Jan stepped in to backstep for Christina Fowden who was last to drive at 3.15pm.

Luckily the day was bright and sunny so we didn't need to use the lights in the indoor school. How lucky we are to have such superb facilities at Golden Cross. At the end of the day drivers were clamouring for another training session with Sarah-Jane - who really deserves our thanks, she worked all day long and seemed totally tireless.



Pip Holgate driving Humphrey



Sandra Pochin, Doug and Nutmeg



Christina Fowden, Jan Curd and Flash

BACS Payments

Please could anyone making a BACS payment make sure to state what it is they are paying for. There is a little box that you can type which event or membership payment. Tom needs to know exactly what the money is for. Account No: 31440500 Sort Code: 40-23-01



Jester

Equine Influenza

Equine Influenza virus is one of the most contagious diseases that affects horses and can be devastating in susceptible populations.

The proportion of horses vaccinated in the UK (around 30%) falls well below that which is required to prevent a major disease outbreak (around 70%).

Clinical signs: Following infection the incubation period (the time taken for clinical signs to develop) is between 3 and 5 days. The severity of the disease is variable depending upon the strain of the virus, the horse's immune system and the horse's vaccination status. Once infection occurs the virus attacks the lining of the upper airways and prevents the normal drainage of secretions from the lungs. Fluid may collect in the lower airways and may become infected by bacteria, even giving rise to pneumonia. A nasty cough and snotty nose often develop and the horse usually develops a very high temperature (103°F to 105°F / 39.5°C to 40.5°C). Affected horses usually lose their appetite and become depressed.

They may also have muscle soreness and be reluctant to move. Illness may last from 2 to 10 days but complete recovery takes much longer and horses remain capable of spreading disease throughout the period during which they are sick. In rare cases influenza may affect other body systems and cases of heart disease and meningitis have been reported. In vaccinated horses there will hopefully be no clinical signs. However, some horses will have a mild cough and clear nasal discharge, and they may be capable of spreading the virus depending upon the similarity between the strain of virus used in the vaccine and the strain responsible for the infection, and the length of time between vaccination and infection.

Diagnosis: Influenza infection may be suspected from clinical signs but confirmation requires either detection of the virus or detection of changes in the horse's antibody levels to the virus. The virus can be detected from swabs collected from the back of the throat but this has to be done in the first few days of infection. In an outbreak it is important to collect the virus to determine where it may have spread from and to determine how it may be mutating. Changes in influenza viruses are monitored by The Animal Health Trust in Newmarket and reported to

international surveillance panels allowing vaccines to be updated appropriately. Changes in antibody levels in blood confirm that influenza infection has occurred but do not give any information on the virus itself. Two blood samples taken around two weeks apart may be necessary to show an individual's increasing level of antibodies if antibody levels on a first sample were low.

Treatment: Affected horses should be isolated immediately as this disease is highly contagious. There are no anti-viral drugs that are proven to benefit horses with influenza so treatment is essentially supportive and symptomatic. Anti-inflammatory drugs are important to bring temperatures back to normal and also help reduce muscle soreness, improve attitude and encourage eating and drinking. Some horses may stop drinking and supplementary oral or intravenous fluids may therefore be necessary. If secondary bacterial infection occurs antibiotics may be required and some vets will give them early in severe cases of disease to prevent secondary infection. Following infection it takes 1-2 months for the lining of the respiratory tract to repair and it is important that horses are rested throughout this time. It has been suggested that for every day the horse is sick with influenza and has a temperature it should be given a week off to recover in order to prevent the risk of long-term lung damage or heart disease.

Influenza Vaccination Protocols: Vaccination is vital in protecting individual animals and preventing the spread of disease. To optimise protection in horses that are in high risk situations the vaccine can be used to mimic natural infection and can be given every 6 months after the initial course of 3 vaccinations.

To comply with FEI rules in competition horses the vaccines must be given within strict time periods: the second vaccination must be given 21 – 92 days after the first, and the third vaccination must be given 150-215 days after the second. Boosters must then be given within 6 months.

A primary vaccination course should include: Two vaccinations 4-6 weeks apart then a vaccination 6 months after the first, followed by an annual vaccination.

Funnies....

We were dressed and ready to go out for the party. We turned on a night light, turned the answering machine on, covered our pet parakeet and put the cat in the backyard. We phoned the local cab company and requested a taxi.

The taxi arrived and we opened the front door to leave the house. The cat that we put out in the yard, scoots back into the house. We didn't want the cat shut in the house because she always tries to eat the bird.

My wife goes out to the taxi, while I went inside to get the cat. The cat runs upstairs, with me in hot pursuit. Waiting in the cab, my wife doesn't want the driver to know that the house will be empty for the night. So, she explains to the taxi driver that I will be out soon ... 'He's just going upstairs to say Goodnight to my Mother.'

A few minutes later, I get into the cab. 'Sorry I took so long,' I said, as we drove away ...

'That stupid idiot was hiding under the bed.. I had to poke her with a coat hanger to get her to come out! She tried to take off, so I grabbed her by the neck. Then, I had to wrap her in a blanket to keep her from scratching me. But it worked! I hauled her downstairs and threw her out into the back yard!

The Cab Driver hit a parked car!

* * * * *

What do you get when you mix PMS with a GPS?
A moody bitch who will find you!

* * * * *

You know you're old when you go to bed at the time you used to go out.

* * * * *

Today at the bank, an old lady asked me to help check her balance. So I pushed her over.

* * * * *

My boss told me to have a good day... so I went home.

A six year old goes to the hospital with her mother to visit her Grandpa. When they get to the hospital, she runs ahead of her mother and bursts into her Grandpa's room. "Grandpa, Grandpa," she says excitedly, "As soon as my mother comes into the room, make a noise like a frog!" "What?" says her Grandpa. "Why would I make a noise like a frog?" Mummy said "as soon as you croak, we're all going to Disney Land!"

A man goes up to heaven and joins a crowd of other men outside the gates, St Peter comes out and says "Right, every man that spent his life being domineered by his wife queue on the right, and anyone who wasn't queue on the left." All the men except one go to the right, the other man goes to the left. St Peter asks him "Why are you queueing on the left?" The man replies "Because my wife said I had to."

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "Because," he said "I can't stand chess nuts boasting in an open foyer."

Deep within a forest, a little turtle began to climb a tree. After hours of effort, he reached the top, jumped into the air waving his front legs and crashed to the ground.

After recovering, he slowly climbed the tree again, jumped, and fell to the ground. The turtle tried again and again, while a couple of birds sitting on a branch watched his sad efforts. Finally, the female bird turned to her mate. "Dear," she chirped, "I think it's time to tell him he's adopted."

* * * * *

Doing nothing is hard, you never know when you're done.

* * * * *

A balanced diet means a cupcake in each hand.

* * * * *

Life is short, smile while you still have teeth.



Cookery Corner - Carrot Cake

Ingredients:

225g self-raising flour
2 level teaspoons baking powder
150g light muscovado sugar
50g chopped walnuts
100g grated carrots
2 ripe bananas, mashed
2 large eggs
150ml sunflower oil

For the topping:

175g full-fat soft cheese
50g softened butter
100g sifted icing sugar
A few drops of vanilla extract
Walnut halves to decorate

1. Preheat oven to Gas mark 4 / 180°C / 320°F. Grease a 20cm deep round cake tin and line the base with baking parchment.

2. Measure all the ingredients for the cake into a large bowl and beat well until thoroughly blended and smooth. Turn into the prepared tin and level the surface.

3. Bake in the pre-heated oven for about 50-60 minutes until the cake is well risen and shrinking away from the sides of the tin. Leave to cool in the tin for a few minutes then turn out, peel off the parchment and finish cooling on a wire rack.

4. For the topping, measure all the ingredients, except the walnuts, into bowl or into a food processor and blitz until smooth. Spread over the top of the cake, swirling the top with a spatula for a decorative effect. Decorate the top with the walnut halves. Chill a little before serving, and store in the fridge as the topping is soft.

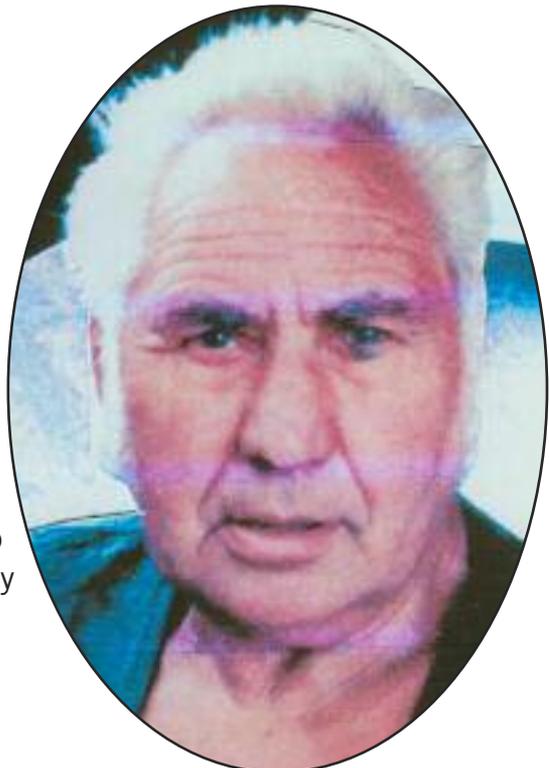
Terence Arthur Fieldwick

7/11/35 - 27/12/19

Everyone new him as “Frisky”, father of Jason and Debbie, and grandfather to Rosie.

He was a very active committee member of the Oaks in its early years and throughout the 80’s, serving as membership secretary and assisting in setting up and clearing events.

Frisky bred welsh ponies, several went on to compete with oaks members and others nationally and internationally.





Race Night & Supper

Saturday 13th April 2019

at

High Hurstwood Village Hall, Chillies Lane TN22 4AD

7.00pm - 10.30pm



Everyone welcome, members, non-members, family and friends

£15 per head including supper.
Please bring your own drinks

Tickets: Cheques payable to 'The Oaks Driving Club' send to
91 Denton Road, Denton, Newhaven, East Sussex BN9 0QD

Racing equipment supplied by Simon Chapman, Go Race Nights

Copy for the April newsletter should be sent to Liz Howe by 25th March 2019
Email: elizhowe515527@gmail.com
If you would like to receive your newsletter by email, please contact Liz at the above address.

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The Oaks Driving Club



OAKS DRIVING CLUB MERCHANDISE

Sweatshirts - Yellow embroidered logo on navy sweatshirt. Small, Medium, Large, X Large, XX Large

Polo Shirt

Body Warmer

Showerproof Jackets

Car Sticker - 50p

Contact: Jan Curd. Tel: 01323 849615

MEDI ARMBANDS

Porcelain Mugs £5.00 each or 6 for £25

Badges (metal) £3.50

Hand cut lead crystal glass tumbler with Oaks logo £7.50

10 notelets with white envelopes £2.50

Contact Jan Curd 01323 849615

Cheques payable to The Oaks Driving Club

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