



Zoom Meeting Minutes Valley Oaks CDS

5/16/22 6:30 pm

Attendees: Alexis Martin-Vegue, Sheilah Dabb, Heidi Chote, Julie Wood, Karen Sandler, Ingrid Kingaard

Start: 6:30 pm meeting adjourned 6:55 pm

Business:

- Minutes: April minutes approved
- Treasurer Report: Accounting reported by Sheilah
- Banking: US Bank debit cards active, Merchant account set up and active, access to account for Alexis
- Close Eldorado Savings bank after biomechanics clinic is completed and security deposit returned

Discussion:

Upcoming Clinics:

- Horse and Rider Biomechanics with Heidi Chote
 - When: June 18th, 2022
 - Where: Rancho Murietta Clubhouse
 - What time: 9 am to 4pm

Suggestions for promoting clinic were discussed and included the following:

- 14 people signed up so far would like to double the number of participants.
- Julie to email Paula at central CDS for 2nd email blast. (done)
- Julie to email Cindy Reed to find out when we can get access to the room
- Check feed stores to see if flyers are still up
- Create flyer with tabs with our VO website link for sign up

Flow of class and organization

- Depending on number of people present course to largest number of attendees who are either more experienced with topic or new to biomechanics.
- First half of class is interactive power point /lecture format
- Second half of class break up and do exercises for improving mechanics will depend on participant needs

Equipment

- 3 or 4 yoga mats
- 3 sets of reins
- 2 bridles

- Saddles (Heidi -2, Sheilah -2)
- Wear clothes that you can move in, doesn't have to be breaches
- Exercise ball (Julie will bring one)
- VO Banner (Julie)
- Projector (Sheilah)
- Power point: Heidi to email slides to Sheilah
- Research food options in Rancho Murietta area for lunch

Note day change for next meeting will be on a Wednesday instead of Monday

Next Meeting Wednesday June 15th at 6:30 pm via Zoom

Zoom: Join Zoom Meeting

<https://us05web.zoom.us/j/84538713753?pwd=bFpJblpab2djSnpsOHBzOEs5UUUFQdz09>

Meeting ID: 845 3871 3753

Passcode: q5xiJf

Minutes prepared by Julie Wood