



Crossroads Dressage & Combined Training Society

THE CROSSING

May 2016
Volume XI, Issue 5

2016 Officers

President

Kathy Ridenour
423-912-1477

katridenour@gmail.com

Vice-president

Susan Price
865-201-9952

susanccsi@comcast.net

Secretary

Carol Mitchell
865-288-7083

ericncarol.belcher@gmail.com

Treasurer

Jean Sullivan

Shamrockfarm3100@gmail.com

Parliamentarian

Melissa McKenzie
865-603-4846

Alternates

Holly Ratcliff
865-659-1615

persefne@comcast.net

Janet Wolf
865-258-8387

elektra2167@gmail.com

Carolyn Ordal
443-670-2108

carolyn.ordal@youthvillages.org

Member at Large

Teresa Shafer
865-988-9113

Piaffe8@charter.net

Webmaster

Rebecca Brown
865-386-3100

Rbrown80@gmail.com

THE CROSSING Editor

Carol Mitchell
865-288-7093

President's Message Kathy Ridenour

Finally, spring is here, the weather has been wonderful, and we have so many things coming up how will we ever find time to ride? Well, ride we will with the many clinics and schooling show planned by CDCTS! And if you are not riding in a clinic then you need to send your auditor forms in for the clinics. The most recent one will be Jeremy Steinburg clinic May 7&8. Auditor forms and payment is due by May 2 to get a discount on the cost at the door. I believe we will all have great learning experience whether riding or watching this clinic.

I have heard from many of you regarding other events you would like to see our club participate in. Two things that many of you have requested is a club sponsored trail ride and clinic for bomb proofing (there is really no such thing, speaking as mounted patrol officer: all horses have their quirks) and de-spooking our horses. This is an important type of clinic as it goes beyond the arena and cross country field. I hope we can put something together as this will make a club trail ride a lot more fun.

So plant more carrots for your four legged friends and plan on a summer full of exciting horse events with your two legged friends at CDCTS. There is nothing better than horses and camaraderie!

Kathy



CDCTS MEETING MINUTES

I. Call to order

President Kathy Ridenour called to order the regular meeting of the CDCTS Board at 7:10 pm on April 12, 2016 at Puleo's Grille, 260 N. Peters Road, Knoxville 37923.

II. Roll call

President Ridenour conducted the roll call. The following Board members were present: Kathy Ridenour, Susan Price, Carol Mitchell, Jean Sullivan, Carolyn Ordal, Holly Ratcliff and Melissa McKenzie. The following Board members were absent: Teresa Shafer. There was a quorum. The following CDCTS members were in attendance: Christina Cardenas, Jeannie Baggett, Kristin Clark, Carol Grau, Charlie Grau, Rita Dunn, Delaney Warren, Diane Carlson, Susan Hill, and Julie Noe. Visitors: Mechelle and Bo Warren.

III. Approval of minutes from last meeting

Minutes from March 8, 2016 meeting were sent out via club newsletter "The Crossing" to members. Motion to approve the minutes: Susan Price; seconded by Jean Sullivan. Minutes were approved as read.

IV. Committee Reports

Treasurer's Report. Monthly expenditures and income were reported. Motion to approve by Carol Grau. Seconded by Susan Price. Approved.

Emily Brollier Curtis Clinic. Susan Price reported that the clinic was very successful. She felt there was great improvement in all riders and horses over the two-day clinic. The clinic had only seven riders on Saturday but filled quickly to 10 riders on Sunday when attendees realized how well they were learning. The club only subsidized the event for additional insurance (total of \$55)

Next date for Emily Broiler Curtis Clinic will be July 16, 2016. Location TBD. Coordinator Susan Price; contact her at susanccsi@comcast.net, to enroll in the clinic.

Jeremy Steinberg Clinic. Melissa McKenzie confirmed the following information and advised that she has emailed all riders to confirm their rides. A few riders have not renewed their CDCTS membership; they have been given until Friday, April 15 to renew their membership or they will lose their position in the clinic.

Event will take place May 7-8, 2016 at Yellow Wood Farm, 4562 Kingston Hwy, Lenoir City, TN. Melissa will start registering riders (members only) at 8 am Monday, March 21. Members who wish to audit will be charged \$20/weekend or \$15/day pre-paid or \$30/weekend, \$20/day at the door. JR/YR may audit at no charge. Non-members will be charged \$30/weekend or \$20/day prepaid or \$40/weekend \$20/day at the door. There will be a wine and cheese reception on Saturday. Stabling/day stalls availability and cost TBD.

J.J. Tate Clinic. Event Coordinator is Teresa Shafer. The clinic is filled with those riders who were on the cancelled November clinic. Those individuals must send new checks for the event, as the checks for the November show were shredded. Clinic dates are June 25-26 at Teresa's farm or Yellow Wood, in the case of inclement weather.

Spring Schooling Show. Event Coordinator is Janet Wolff. To be held on June 4, 2016 at White Stables Equestrian, 170 Rarity Bay Parkway, Vonore TN 37885. Judge is Debbie Schwartz. Prize list will be forwarded to President Ridenour next week. Stabling costs TBD. Jump course will likely take place in a grass field.

Requirement: Volunteers to bring jumps, set up and coordinate these activities with the facility holding the event. Diane Carlson will coordinate bringing the club trailer and setting up concession stand.

There are no jumps available at this facility; jumps must be acquired and brought in to the facility approximately one week in advance of the show. Consideration: it is possible for CDCTS to buy jumps and use them consistently in upcoming shows. Over the course of approximately four shows, the jumps would then belong to the stable if the facility fee were waived.

V. Old Business

Acquiring jumps for the club. Discussion about best way for the club to acquire jumps, including the possibility of CDCTS buying jumps and then bartering the jumps for waived facility fees at a stable that holds the show, as per the paragraph above. Discussion as to the ability of club members to make jumps rather than buying them as a cost-saving measure, as well as the challenges of storing and moving jumps. Motion to table the issue until after the spring show: Melissa McKenzie. Seconded by Susan Price. Motion approved.

Eventing Clinics. Discussion on potential for upcoming clinics and which clinician could be brought to the area. Some clinicians suggested included Holly Hudspeth and Delaney Ashford. Shaelyn Baggett (not in attendance) is working on identifying available clinicians and facilities. She will bring updated information to the next meeting.

Review of Awards Rules. Susan Price and Susan Hill have formed a committee to resolve the wording confusion for combined event awards; in addition they are developing some fun type of awards. **Report/update pending for next meeting.**

VI. New Business

CDCTS Insurance Kathy Ridenour presented the options to renewing the current insurance policy or finding a different carrier in order to get the best coverage at the best price for the club. Motion to have Kathy Ridenour investigate and report back to the club at the next meeting: Holly Ratcliff. Seconded : Melissa McKenzie. Motion approved.

Fall Schooling Show. Show Secretary has been confirmed to be Janet Wolff. Date, judge and venue TBD.

New Electronic Publication “Your Dressage” . Carol Mitchell will coordinate getting articles and information about club activities up to the new USDF website/media. Information on the “Your Dressage” initiative by USDF will be included in the May edition of the newsletter so that club members become familiar with the concept. Discussion that the club should consider adding a “Media Liaison” position to the board as the club develops a larger electronic footprint. Individuals who wish to volunteer for this position next year will need to be web/media savvy. This may require a change to the Bylaws. Motion to consider replacing the “Member at Large” position with “Media Liaison” in the next year: Melissa McKenzie. Seconded: Christina Cardenas. Motion approved.

Club Bylaw Review. Board will conduct a review this year. Coordination meetings TBD.

Time to Ride Challenge. Kathy Ridenour briefed on this initiative put out by the American Horse Council. It is intended to introduce horses and horsemanship to members of the public who are unfamiliar with horses. If there is sufficient interest, our club could put on a dressage familiarization event, for example. “Meet a Horse Day” is July 23, 2016. Discussion but no clear intent to support this project at this time. For more info, see the article on page 14 of the newsletter

Fall Hunter Pace. Holly Ratcliff and Carolyn Ordal have agreed to coordinate this event.

VII. Adjournment.

Adjournment proposed by Diane Carlson and seconded by Jean Sullivan. Approved. Meeting adjourned at 8:00 pm on April 12, 2016. Next meeting to be held on May 10, 2016 at 7:00 pm, in the same location.

Minutes submitted by Carol Mitchell, CDCTS Secretary.

From the Editor’s desk

You will notice a change in the information contained in this month’s newsletter. First, there is an article starting on page 6 “How Horses Help us Heal” first published in *Equus* magazine in 2015. There is a growing body of evidence; some of it anecdotal, some of it more scientifically assessed that tends to show that the presence of animals influences our behavior and mood. This is a fascinating area of study that is gaining serious review and I continue to watch it develop with interest.

Second, you will notice that there are several USDF articles under “USDF News”, pages 12-14 in the newsletter. These information bites are sent to your board for widest distribution to our members. This is a great initiative by USDF to get the latest dressage news out to everyone. It’s always interesting to follow the latest breaking news about trainers, instructors, sponsors and horses.

The upcoming clinic for Jeremy Steinberg is full with a waiting list but you still have time to get in as an auditor (page 10). Bring your chairs and we’ll see you there! JJ Tate clinic is coming up in June; it is full as well but again, what a great opportunity to audit an experienced and entertaining clinician.

CDCTS CLASSIFIED CORNER

NEW PRICE! For Sale: Black Ariat Field Boots. Size 9 tall, regular calf. Worn only a handful of times. \$80.00 Contact Rita Dunn at piaffe8@charter.net

For Sale: Wintec Isabell Werth dressage saddle. 17" seat, adjustable tree, in very good condition. Also included are stirrups and girth. This saddle is worth \$1300 new (SmartPak); it is for sale at \$600.00. Contact Peggy at 865-982-8040.

Trailers for Sale: Tobruk Trailers – Merhow and Cherokee aluminum trailers. Custom living quarters for large horses. Hitches and repairs. Call 865-674-7041 or email tobrukfarm@charter.net

Dressage Saddle for Sale. County Connection 18inch W dressage saddle \$2250. Bought new in 2008. Excellent condition, new billets last August and flocked at that time as well. Serviced by Shirley Ferguson, a County Rep. Stored inside house. Saddle can be tried on your horse, within reason. It is a great saddle for helping the rider sit the trot and maintain position. Very comfortable, soft and supple leather. Contact Lauren Irwin 423-304-4143.

Reach the audience you want through an ad in our newsletter

AD Size	Member Rate	Non-Member Rate
Full Page (7"wide X 10" high)	\$10 per month	\$20 per month
Half Page (7"wide X 5"high)	\$5 per month	\$10 per month
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Please send ads and requests to Carol Mitchell. Call 865-288-7093 or email to ericncarol.belcher@gmail.com



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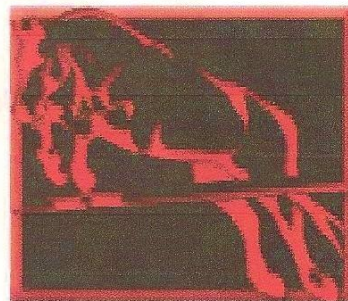


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The CROSSING

Published monthly by the CDCTS
Please submit articles for your newsletter!

Deadline for submission of articles to **The Crossing** is the 18th of
each month.

Please submit your article by email to:
ericncarol.belcher@gmail.com

How Horses Help Us Heal

By Tim Hayes

As a Natural Horsemanship Clinician for more than two decades, I have learned that horses can help people become not only better riders but better partners, friends and parents.

Horses evolved to communicate with each other primarily through body language. The herd establishes its pecking order initially in “strong terms,” such as biting and kicking, but thereafter relies on more subtle gestures, a variety of small movements of the ears, tail, feet and body.

This ability to silently communicate and create a smoothly functioning group has helped horses to survive by enabling them to stay together and travel in the safety of large herds. They are able to live in harmony and get along with each other because of the entire herd’s ability to practice the flawless social skills of acceptance, tolerance, kindness, honesty, patience, understanding, forgiveness and compassion.

The horse’s extraordinary ability to read equine body language translates to humans as well: You may think you’re acting “normal,” but if you’re angry, impatient, grieving, stressed or worried---your horse will know. You can’t hide things from a horse. He will always see, feel and respond to your true emotional state. To paraphrase Ralph Waldo Emerson: “Who you are speaks so loudly I cannot hear what you say.” Those words could have been written by a horse.

As a natural horsemanship clinician for more than two decades, I have helped people create better relationships with their horses. At the same time, I was fascinated to see how the horses helped their owners become, not just better riders, but better humans, better partners, better friends and better parents.

And so I began a journey to explore the ways horses can influence the people who spend time with them. After years of research, study and experience, I have come to believe that the horse’s capacity for “reading” human body language may go much farther than simple communications. I believe the horse’s ability to demonstrate qualities like acceptance and compassion also enables them to help people heal from a wide variety of physical, psychological and emotional wounds.

I have visited equine therapy and other programs where people with various types of emotional and physical problems are able to work with horses. Some of the programs were helping veterans with post-traumatic stress disorder (PTSD), children with autism and prison inmates. In each case, I witnessed some astonishing transformations as interacting, training and riding horses helped people with deep emotional wounds begin to heal. Let me share some of those stories with you.

Inmates: The basics of compassion

One of my first experiences in witnessing the amazing dynamic that can develop between horses and people occurred at a maximum-security prison in Florence, Colorado. There I learned about the Wild Horse Inmate Program (WHIP), which was created by the U.S. Bureau of Land Management (BLM) as a way to help manage the country’s free-roaming wild horses.

Thousands of mustangs have been removed from the American ranges over the years, and gentling and training them greatly increases their chances of adoption to good homes. However, the number of experienced horsemen needed to safely gentle so many horses makes the process prohibitively expensive. So the BLM came up with an ingenious solution: If prison inmates could be taught to manufacture license plates, why not teach them how to gentle wild horses?

I had come to this prison to study the wild mustangs and learn what effect, if any, working with horses might have in the rehabilitation of hardened inner-city criminals. What I saw was a transformation I don’t think anyone could have imagined. I certainly hadn’t.

The inmates who participated in WHIP had committed every crime imaginable, some violent and frightening. They arrived at prison with a lot of swagger. Most were from gangs. In their world they were tough guys, dangerous, bad. The only way they knew how to relate to anyone was with anger, mistrust and deadly force.

Then they met the wild mustangs. Some of these horses, too, were violent and aggressive, lashing out at all who approached. It quickly became obvious that the inmates’ old ways of relating to the world wouldn’t work with these horses.

As the men learned the basics about how to gain a horse's trust, a realization began to dawn on them. A young in-mate named Morris told me that he saw in these horses something that he knew was also inside him, something he could never admit to himself or anyone else: Morris had been living his whole life in fear. If these powerful, tough, wild animals could be afraid, he said, then maybe he could say he had been afraid, too. Morris had had an amazing epiphany.

The rest of the men in the WHIP program came to similar conclusions: They saw that the mustangs' violent behavior was caused by fear. The horses were just trying to survive. They acted aggressive, but in reality they were scared to death---just like the men. For the first time in their lives, these men were shown the undeniable truth about who they were. They had internalized the belief that being tough and vicious was their only hope of survival. But now---just like these beautiful, wild and unpredictable animals---the men could see that their motive had also been fear. And maybe, just like the horses, they too could change. Gradually, their rock-hard attitudes crumbled. They began to feel compassion, an emotion they had probably never known or felt before. They felt it for the horses, they felt it for each other, and they felt it for themselves.

The inmates had set out to gentle the horse, but in the end, the horses gentled the inmates, too. Put another way, the process of gentling wild horses to fit into human society was simultaneously gentling "wild" humans to fit back into the same society.

As I drove away from the prison, I realized I had not only watched the use of prison labor to save a great American icon, the wild mustang; I had witnessed the healing of lost souls.

Veterans: The wounds of war

Horses For Heroes started out as a program that used horses in physical therapy for veterans who had lost the use of their limbs or the limbs themselves. Over time, however, the therapists noticed that the horse-human connection was also having a dramatic impact in healing the emotional wounds of many of the soldiers. Not only was it helping them overcome depression and anxiety but, to everyone's surprise, it had a profound therapeutic effect on soldiers who suffered from PTSD.

Sergeant Fran Kirkson, a veteran of the Iraq war who had been participating in the Horses For Heroes program at High Hopes Therapeutic Riding Inc. in Old Lyme, Connecticut, shared her story with me: "The hardest part of war isn't being there; it's the coming home. You're not the same person. When I came home, I felt like everyone wanted something from me---my friends, my family. They wanted me to spend time with them; they wanted me to be happy. They wanted me to help them feel OK about me. They meant well, but they didn't understand. I just wanted to be alone---that's all I could handle."

"War kills your sense of trust. I didn't know if somebody wanted to be with me to make me feel good or to make themselves feel good. My horse Rainbow didn't know me from before the war. All she knew was what she saw when we met. She didn't want anything from me, didn't expect anything. I didn't have to talk about my feelings; I could just feel them, and she was OK with it. She opened me up. When I realized she had started to trust me, it was the first time since I had come home from the war that I felt like me, like I had gotten my old self back."

Today many equine programs help veterans. The Wounded Warrior Project (WWP), working in conjunction with PATH Intl. Equine Services for Heroes, is a nonprofit veterans' service organization that offers a variety of programs, services and events for wounded veterans of all military actions that followed September 11, 2001. As of August 2013, WWP has helped connect more than 35,000 men and women with programs to help them recover, and more are added every year.

Autism: Making a connection

Horses also demonstrate a remarkable ability to create profound therapeutic connections to children with autism. Autism spectrum disorder (ASD) is not a single illness with consistent symptoms; rather, it is a collection of behaviors that can vary widely among individuals. Some of the more common characteristics of ASD are difficulty communicating and interacting with others, problems making eye contact and reading facial expressions, and severe language deficits, characterized by problems with the use of language for social purposes. The causes of autism are not fully understood, and there is no cure for it.

In 2012, I spoke with Lynn Robbins, whose 11-year-old daughter, Rachel, is autistic. Most of the time Rachel was simply unable to sit still. When Rachel was 7, Lynn says, she took her to three different child therapists for what she called "traditional talk therapy." Rachel hated it and, after a while, refused to go. Rachel was also periodically put on

medications---including multiple antipsychotics and an anticonvulsant and mood stabilizer---in the hope that one of them might improve some of her everyday functions. "The drugs didn't help," Lynn said. "It was like there was something inside her that kept making her move, which she couldn't turn off."

Then they decided to try equine therapy. The first time Rachel arrived at Good Hope Horse Farm in northern Vermont, her equine counselor Sherri led her over to a large gray horse named Alfie. Rachel stopped about two feet in front of Alfie and looked up at his soft, dark eyes gazing down at her. After about a minute, Rachel lifted her hand toward Alfie's nose. The horse dropped his head and sniffed Rachel's fingers. Rachel quickly pulled her hand away, turned and walked toward the gate. Alfie followed her. When she got to the gate, she turned back and was amazed to see Alfie standing right behind her.

Sherri walked over, looked at Rachel and said, "Alfie likes you." Rachel broke into a broad smile. As Lynn told me this, she became emotional and said, "I had never seen Rachel smile like that before in her whole life. She could tell that Alfie was interested in her and that it didn't matter to him that she was autistic."

Horses do not ask, demand or expect anything from us; they just want to feel safe, comfortable and get along. When Rachel experienced this with Alfie, it was unlike any interaction she had known with another person. Alfie showed Rachel that she could trust him, and if she could trust him, one day she might learn to trust people. As Rachel continued working with the therapists at Good Hope, she did indeed start interacting with other girls and their horses.

Horses don't see a child with autism. They see a child. Autistic children know this, and it feels good to them. In order for anyone---autistic or otherwise---to grow, heal and have positive relationships with others, they must first have a positive relationship with themselves. Horses can make humans feel good about who they are, and they have enabled some people with ASD to become more confident, more trusting and to feel love for themselves and others.

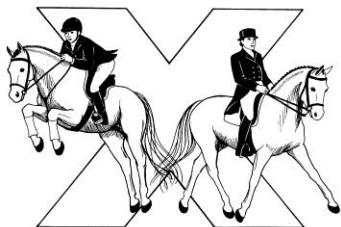
Not everyone likes horses. Interacting with these large animals is not a silver bullet solution for healing every emotional or physical wound a person has. That said, mounting scientific evidence suggests that equine therapy has been making a profound difference by helping thousands of men, women and children achieve life-altering emotional breakthroughs. Remarkably, all of these people are recovering from deeply painful afflictions with the aid of the simple love, understanding and acceptance that come from establishing a relationship with a horse.

But creating such a relationship, I fervently believe, has the power to do even more. No one is born emotionally wounded. Discovering who one is, how one fits into the world, and how to connect with one's own humanity can begin long before a person is subjected to life-damaging traumas. What if more children could spend time interacting with horses? Regular visits could help more children to learn, grow and become healthy, functional adults.

For many people reading this article, the power of this interspecies relationship is unquestionable. It is my hope that understanding this will help you reach out to those who know nothing about horses as well as anyone who may need help: a husband, a wife, a partner, a child, a friend, a troubled teenager, a war veteran with PTSD, someone with autism, an addiction---anyone in emotional pain or who has lost their way. Either invite them to visit with your own horses, or direct them toward one of the many therapeutic programs across the nation. This amazing power of horses to heal and teach us about ourselves truly is accessible to everyone.

This article first appeared in EQUUS issue #455, July 2015.

Downloaded from the internet April 26, 2016 from http://equusmagazine.com/article/horses-heal-28963?utm_source=Equine.com_Newsletter&utm_medium=email&utm_campaign=newsletter



*Crossroads Dressage and
Combined Training Society*
2016 Membership Form*



First Name: _____ Middle Initial _____ Last name: _____ USDF # _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Primary Phone: (____) _____ Secondary Phone: (____) _____

New member? Y /N

Email _____

Address: _____ Birthdate: _____
(Requested by USDF)

I would like to join Crossroads Dressage and Combined Training Society for the 2016 Membership Year (December 1, 2015 – November 30, 2016). Enclosed is a check for the following membership category:

- ☐ **\$23** Charter Membership (*Founding Members whose membership has not lapsed since the formation of the club*)
- ☐ **\$48** Adult Membership (Over 21 years old as of January 1, 2016)
- ☐ **\$28** Junior/Young Rider Membership (21 years old or younger as of January 1, 2016)
- ☐ *Family Membership – (\$48 Primary Membership + \$13 per each Additional Family Member)

Total family dues submitted with application: \$ _____

List Additional Family Members

<u>Name</u>	<u>Phone</u>	<u>E-mail</u>	<u>DOB</u>
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I would be willing to volunteer in the following areas (circle all that apply):

HORSE SHOWS: ☐ Scribe ☐ Scorer ☐ Runner ☐ Ring Steward ☐ Concessions ☐ Setup/Teardown
☐ Hospitality

OTHER: ☐ Phone Contacts ☐ Committees ☐ Board Member ☐ Write for Newsletter ☐ Publish Newsletter
☐ Web Site ☐ Sell Advertising

☐ Other: _____

Please make your check payable to CDCTS, and return by **December 1, 2015** to:

Carol Mitchell, CDCTS Secretary
1909 Hidden Meadow Dr
Knoxville TN 37922

Date Received: _____

Check # _____

Amount _____

This organization is a USDF GMO and its members are automatically USDF Group Members
\$20 of your membership fee goes directly to USDF for your Group Membership
Electronic copies of CDCTS applications will be held until funds are received.

***You may join CDCTS at any time during the year.**

Jeremy Steinberg Clinic

Auditor Registration Form

May 7 & 8, 2016

8:00 until 5:00 each day

Hosted by Yellow Wood Farm, 4562 Kingston Hwy,
Lenoir City, TN Presented By
Crossroads Dressage & Combined Training Society

All auditors are invited to stay for a wine and cheese reception
immediately following the last rider on Saturday afternoon.

Please bring your own chair. Lunch not provided.

CDCTS Member Prices -must be received by Monday, May 2, 2016

Pre-registered \$20/weekend \$15/day
(\$30/weekend or \$20/day at the door)

Member Name _____

Phone _____

email _____

Please circle one: Weekend \$20 Saturday \$15 Sunday \$15

NON-Member Prices –must be received by Monday May 2, 2016

Pre-registered \$30/weekend \$20/day
(\$40 weekend or \$25/day at the door)

Name _____

Phone _____ email _____

Please circle one: Weekend \$30 Saturday \$20 Sunday \$20

All JR/YR (riders under 18 years old) may audit for no charge, members and non- members.
No need to re-register.

Please mail your check made out to CDCTS
to: Susan Price
3843 Hudson Rd.
Mascot, TN 37806

Questions? Contact Melissa McKenzie at 865-603-4846 or rftrainer@yahoo.com or
Susan Price at 865-201-9952 or susanccsi@comcast.net

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Hassler and Arts to Present the 2016 USDF Sport Horse Prospect Development Forum

Lexington, KY (April 12, 2016) – The United States Dressage Federation (USDF) is pleased to announce the return of Scott Hassler and Willy Arts for the 2016 USDF Sport Horse Prospect Development Forum. This year's event will, again, feature a live forum approach and provide a correct, fundamental system for starting sport horse prospects. The program is intended for trainers, owners, and breeders nationwide, with the goal of developing a consistent training foundation for all sport horse prospects as they progress from in-hand to under-saddle, and eventual competition.

This year's forum will be held October 22-23 at Pineland Farm in New Gloucester, ME. Trainers and horses will be identified to participate through a selection process, and will work with the instructors throughout the forum. The forum environment will also engage auditors, consisting of breeders, trainers, and owners throughout the sessions, in an interactive setting. Participants and auditors will also learn the necessary tools to be able to select and evaluate sport horse prospects before purchase, as well as the key elements needed in a trainer. .

"This program, launched in 2013, is designed to provide a consistent educational program for starting young dressage prospects. We greatly appreciate Pineland Farm for offering to host this year's forum, and we look forward to another great weekend with Scott Hassler and Willy Arts," stated Kristi Wysocki, Chair of the USDF Sport Horse Committee.

For more information about the USDF Sport Horse Prospect Development Forum contact the USDF office at shprospect@usdf.org, or call [\(859\) 971-2277](tel:(859)971-2277). Founded in 1973, the United States Dressage Federation is a nonprofit membership organization dedicated to education, recognition of achievement, and promotion of dressage. For more information about USDF membership or programs, visit www.usdf.org, e-mail usdressage@usdf.org, or call [\(859\) 971-2277](tel:(859)971-2277).

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USDF Announces New Certified Instructors

Lexington, KY (April 15, 2016) - The United States Dressage Federation (USDF) is pleased to announce and congratulate its new USDF Certified Instructors. The exam was held March 29-30 in Loxahatchee, FL, with examiners Debbie Bowman and Sarah Geikie. The USDF Instructor/Trainer program is designed to set a standard of excellence in dressage training and instruction in the United States and to educate dressage riders, instructors, and aspiring instructors.

New USDF Certified Instructor/Trainers at Training through First Level include; Allyssia Bryant, Livermore Falls, ME; Ashley Navarro, Grantville, PA; Ali Perkins, Lincolnville, ME; Emma Smith, Mound, MN; Angela Trevitnick, Matthews, NC; and Emily Wright, Mansfield, OH. Also, Becky Brown of Dallas, TX, became a new USDF Certified Instructor/Trainer at Second Level.

"It is our pleasure to recognize these accomplished individuals and we are proud to have them as representatives of the USDF Instructor/Trainer Program," stated Kathie Robertson, USDF Education Department Manager.

For more information on the USDF Instructor Certification Program, to view a calendar of workshop or testing dates, or to obtain details on hosting a workshop or testing session, please visit the USDF website at www.usdf.org or contact the USDF education programs department at instructorcertification@usdf.org.

Founded in 1973, the United States Dressage Federation is a nonprofit membership organization dedicated to education, recognition of achievement, and promotion of dressage. For more information about USDF membership or programs, visit www.usdf.org, e-mail usdressage@usdf.org, or call [\(859\) 971-2277](tel:8599712277).

Get the USDF App Today and Stay Connected

USDF has launched a new app, "**USDF: Your Dressage Connection**" for free download in the app stores. This app provides access to USDF media and publications, and features stream and social media components. In addition to the digital editions of *USDF Connection*, *USDF Member Guide*, and the *Online Stallion Guide*, this app will also feature new online-only content, as well as streaming and dynamic content connected through the USDF website and social media channels. USDF members have full access to all content and features of the app, with the exception of retail titles. This is just another way that USDF is "Your Connection to the American Dressage Community." Take advantage of this new member benefit today.

To view tutorial videos on how the app works on different platforms, and to download the app, visit the [USDF website](http://www.usdf.org).

Adequan® Expands USDF Sponsorship

Lexington, KY (April 21, 2016) – The United States Dressage Federation (USDF) is pleased to announce that Luitpold Pharmaceuticals, Inc. manufacturer of Adequan® i.m. (polysulfated glycosaminoglycan), the official joint therapy sponsor of USDF, has expanded its sponsorship to include the Adequan®/USDF FEI-Level Trainers Conference. This complements their ongoing sponsorship of the Adequan®/USDF Year-End Awards, the Adequan® /USDF Annual Convention, and the US Dressage Finals presented by Adequan®.

USDF Executive Director Stephan Hienzsich adds, "We are thrilled to be able to expand our long standing partnership with Adequan® i.m. to include the very popular USDF FEI-Level Trainers Conference. The commitment of Luitpold Pharmaceuticals, in support of USDF and the dressage community, has made a very positive impact on the sport." Please see Important Safety Information for Adequan® i.m. below and for more information about Adequan® i.m., visit www.adequan.com.

“We are very excited to have the opportunity to support this conference,” stated Allyn Mann, Director at Luitpold Animal Health. “The quality of instructors, riders, and horses offers a valuable program for the dressage community.”

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Adequan® i.m.: For the intramuscular treatment of non-infectious degenerative and/or traumatic joint dysfunction and associated lameness of the carpal and hock joints in horses. There are no known contraindications to the use of intramuscular Adequan® i.m. brand Polysulfated Glycosaminoglycan in horses. Studies have not been conducted to establish safety in breeding horses. **WARNING:** Do not use in horses intended for human consumption. Not for use in humans. Keep this and all medications out of the reach of children. **CAUTION:** Federal law restricts this drug to use by or on the order of a licensed veterinarian.

Adequan® is a registered trademark of Luitpold Pharmaceuticals, Inc.

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Join the American Horse Council's Time to Ride Challenge!

Time to Ride is an initiative of the American Horse Council's Marketing Alliance designed to connect new people to horses and grow participation across the entire horse industry. This year, USDF is partnering with Time to Ride on its largest program, the Time to Ride Challenge. The Challenge offers \$100,000 cash and prizes to the stables, clubs, and businesses who introduce non-riders to horses and riding. USDF is excited to offer additional recognition at the 2016 Adequan/USDF Annual Convention in St. Louis, MO, JUST for members of USDF who compete in the Challenge! Join the Challenge to grow your own club, attract beginner riders, increase participation in dressage, and compete for amazing cash and prizes. Registration is free and opens April 1. The Challenge takes place June 1-September 30.

Be sure to sign up under USDF when registering for the Time to Ride Challenge.

Timeline:

- **April 1:** Registration opens. Begin promoting to membership.
- **June 1:** Challenge begins (participants may host events starting this date). Enrollment is open throughout the Challenge - continue to promote registration!
- **July 23:** National Meet-a-Horse Day - encourage all participants to host a meet-a-horse event today for national promotion.
- **September 30:** final day to host events - Challenge ends.
- **October 10:** final deadline to submit newcomer data/event reports.
- **Late October:** results reported to each association and winners announced.

2016 Events

Next CDCTS meeting will be held on **May 10** at Puleo's Grill, 260 N. Peters Road, Knoxville 37923. The Meeting will start at **7:00 pm**.

Cathy Fox Clinics. Held at Merry Hour Farm, 4728 N Wildwood Road, Maryville, TN 37804. Contact Carol Grau at 865-984-2532 for available ride times. Cost is \$60 per lesson. Cathy's schedule is **June 4-5, July 2-3, August 6-7, September 10-11, October 1-2, November 5-6, December 3-4**. To learn more about Cathy Fox, please visit her website www.pineknollfarm.com.

Jeremy Steinberg Clinic. Held on **May 7-8, 2016** at Yellow Wood Farm, 4562 Kingston Hwy, Lenoir City, TN. Event coordinator is Melissa McKenzie at rftrainer@yahoo.com. Individuals interested in auditing this clinic must have their applications and checks to the coordinators by May 2, 2016. Please see flyer for more information.

Spring Schooling Show. Held on **June 4, 2016** at White Stables Equestrian, 170 Rarity Bay Parkway, Vonore TN 37885. Judge is Debbie Schwartz. Event coordinator is Janet Wolf elektra2167@gmail.com

JJ Tate Clinic. Held on **June 25-26** at Teresa Shafer's farm, 8712 Holingsfield Drive, Knoxville TN or Yellow Wood Farm, in the event of inclement weather. The clinic is filled with those riders who were on the cancelled November clinic. Those individuals must send new checks for the event, as the checks for the November show were shredded.

Emily Brollier Curtis Clinic. 16-17 July 2016. Facility TBD. Price is anticipated to be approximately \$85.00 per person per ride. Contact Susan Price for additional information at susanccsi@comcast.net.

Dressage by the River. Held on **July 23-24, 2016** at River Glen Equestrian Park, 1834 London Road, New Market, TN 37820. Judge will be Elizabeth Lewis.

THE CROSSING



Region 3 USDF GMO #0319

CDCTS is a USDF Group Member Organization that caters to dressage and combined training (eventing) riders and enthusiasts in the Knoxville area and throughout East Tennessee. CDCTS is also an affiliate member of USEA to better serve our eventing members.

By joining CDCTS, you will be on the fast track to learning about shows, clinics and other great educational opportunities in our area. You will get to meet other like-minded, horse-loving people, and you will become part of a group that is continually working to promote dressage and eventing in your area.

In addition, by joining CDCTS, you automatically become a Group Member of USDF, which provides you with many additional benefits in the dressage arena.

Visit us on the web for more information and downloadable content at www.CDCTS.ORG

Contact our webmaster, Rebecca Brown at rbrown80@gmail.com

Find us on Facebook at www.facebook.com/CDCTS