



2018 Officers

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From Your President

Dear CDCTS members,

The cold weather and mud have arrived so bundle up and keep riding! We still have quite a few things going on for this time of year. Enjoyed riding with Jim Koford yesterday. There is some hope Damascus and I may make it out of third level some day!

Our Kim Gentry Biting Clinic is coming up on December 18 and 19 and we still have some spots available. If you ever wondered if your horse was having problems due to his bit, this is the time to find out. Rita Dunn attended a previous clinic and was amazed to see the difference it made in Meg Larson's horse. Come join us and keep learning!

We had a really good time at the Fall Fun Day. Thank you Carolyn Ordal for all of your hard work. Those that stayed home due to a little light rain missed a really good time!

Plan to come to Rita Dunn's house on December 15 for our annual Christmas party! And yes, we are going to play "dirty Santa" where we do our best to steal the best gift. If you wish to participate, bring a wrapped gift worth \$25 or less. It's a real hoot watching the gifts pass from person to person. Bring a dish to share and the club will handle the meat and drinks!

We are coming up on the end of the year so get your membership forms into Carol Mitchell. Don't forget if you intend to show at the rated shows this year, USEF is requiring everyone to take a safety course. This is due by December 1, 2018.

So in spite of the inclement weather, get those horses out there and keep moving. Remember the spring shows are right around the corner. If I don't see you before the end of the year, everyone have a Great Thanksgiving, Merry Christmas and Happy New Year!

Jean Sullivan
CDCTS President

CDCTS is a USDF Group Member Organization and all members are automatically USDF Group Members. For USDF Participating Membership, members must apply directly to USDF.



GROUP
MEMBER
ORGANIZATION

CDCTS MEETING MINUTES, NOVEMBER 13, 2018

I. Call to order

President Jean Sullivan called to order the regular meeting of the CDCTS Board at 7:00 p.m. on November 13, 2018 at RJ's Courtyard, Alcoa TN

II. Roll call

President Jean Sullivan conducted the roll call. The following Board members were present: Jean Sullivan, Susan Hill, Carol Mitchell, Carol Grau, Jill Strain (interim) and Alece Ellis. The following Board members were absent: Ashley Phillips, Rosemary Jones and Meg Larson. There was a quorum. The following CDCTS members were in attendance: Jeannie Baggett, Caylee Baggett, Shaelyn Baggett, Dave McAdoo, Kennetha Eikelberg, Janice Butt, Susan Michaud, Julie Noe, Louise Von Clef and Eric Belcher. Visitors: Charlie Grau and Alan Kinner.

III. Approval of minutes from last meeting

Minutes from October 9, 2018 was sent electronically via newsletter to all members for their review. A motion to accept the minutes as read was submitted by Susan Hill and seconded by Alece Ellis. Carried.

IV. Committee Reports

Treasurer's Report. Former Treasurer Mary Sivley resigned last month; subsequently Jean Sullivan accepted Jill Strain as the new interim Treasurer. Jill Strain's nomination to the board will be placed on the ballot for the Annual General Meeting and members present there will vote at that time on her and any other volunteers for board positions. Jill gave a global overview of the account and updated the members on the transition of accounts from KY to Knoxville TN. When all anticipated funds are finished moving through the KY account, it will be closed entirely. A budget process will be initiated in the upcoming FY. Jill described cash flow for the month and announced the current balance of \$19,814. Motion to approve the Treasurer's Report by Alece Ellis, seconded by Susan Hill. Approved.

Show Committee.

- a. Spring Schooling Show 2019. Date: 4 May 2019. In process of acquiring a judge. Penrose Farm has been selected as the spring show venue.

Eventing Committee. Nil Report; Ashley was not present.

Dressage Committee. Rita Dunn was not present so Jean updated the members on the Kim Gentry Biting Clinic to be held on December 18 at Penrose Farm. Thus far the clinic has filled seven hours per day and we require a minimum of eight hours per day to have the clinic. Jean requested that Kennetha update the Facebook site to let people know there are four openings available for the clinic.

Bylaw Review Committee. The new bylaws have been signed by the President and the Secretary. They will be scanned and put up on the website and the club's Facebook page.

Membership Committee. Kennetha Eikelberg reported that she is in process of putting a "Resources" tab on the website that will describe locations for lessons, barns etc. This info will be developed from the Professional membership list and other local knowledge.

Health and Wellness Committee. Kennetha Eikelberg reported that Dr. Hines will be presenting an eye clinic in February at UTCVM. She reported that the first lecture with Dr. Valk at UTCVM (October 13) was attended by 17 people. Dr. Valk has offered to hold a hoof clinic for horses in February - March time frame at STAR. Fee TBD. Discussion: we should also approach Dr. Jennifer Miller, DVM to gauge her interest in also headlining this clinic as she has honed her veterinary skills in the area of equine lameness and podiatry. Carol Grau will discuss this with Dr. Miller.

Fall Fun Day. Coordinator: Carolyn Ordal not present to provide an update on the show

CDCTS MEETING MINUTES, NOVEMBER 13, 2018 - CONTINUED

Awards Banquet. Jean reminded everyone that show scores must be submitted to her by December 1 in order to be considered for year-end awards, as well, those riders must have completed four hours of volunteer work on behalf of the club. Discussion: which tests at each level are needed to qualify for year-end awards. Coy Bays has agreed to put together the slide show so members are encouraged to send photos to her for inclusion. Her email is coyjbays@gmail.com.

The banquet committee will be composed of Jean Sullivan, Rita Dunn and Susan Hill. The banquet will be held in the evening on January 26, 2019 at Buddy's BBQ, Bearden location.

V. Old Business

None.

VI. New Business

Club Christmas Party. The club will hold its annual Christmas Party starting at 6 p.m. on December 15 at Rita Dunn's home (265 Lancaster Drive, Lenoir City). The club will supply the meat and water, soft drinks. Please bring additional libations as you desire and a side dish to share. There will be a Dirty Santa gift exchange at the start of the party for those interested in playing. Game rules are that each gift is a maximum value of \$25.

Nominations for 2019 board positions. Members interested in volunteering for a board position should contact Dave McAdoo ASAP at tobrukfarm@charter.net.

Young Riders Committee. Shaelyn Baggett has agreed to head up this committee and will contact all club's young riders in the club. Action: Secretary to forward contact info for all young riders to her.

Club Gear, Polos/Sweatshirts. Initial discussion to gauge the level of interest in buying club items. Jean will coordinate; interest in this venture is high. Jean will research available vendors and will put info on the website and Facebook when it is available.

Penrose Farm facility training package. Erika Adams is looking into opening her facility during the winter months for those riders who would like to use her facility (arenas, hacking outdoor, Cross Country course). She is developing a fee schedule for daily, month and yearly access. For more information, please contact Erika Adams at adams.erika@gmail.com.

Upcoming Local Events.

Kim Gentry Bitting Clinic December 18-19 at Penrose Farm. Contact Rita Dunn for openings piaffe8@gmail.com.

Emily Broiller Curtis Clinic November 30 - December 2. Held at Benchmark Farm. Contact Kaylen Moon for openings at kaylenmoon1@gmail.com.

Jim Koford Clinics: November 15-18 and December 13-16. Contact Tina Henderson for additional information and locations. tanglwood02@gmail.com.

Club Christmas party on 15 December, 6 p.m., hosted by Rita Dunn at her home 265 Lancaster Drive, Lenoir City.

CDCTS Awards Banquet on January 26, 6 p.m. at Buddy's BBQ, Bearden Location.

CDCTS MEETING MINUTES, NOVEMBER 13, 2018 - CONTINUED

VII. Adjournment.

Adjournment proposed by Alece Ellis and seconded by Susan Hill Approved. Meeting adjourned at 7:55 p.m. on November 13, 2018. Next meeting will be held on December 11, 2018 at RJ's Courtyard, 3749 Alcoa Hwy, Alcoa, TN.

Minutes submitted by Carol Mitchell, CDCTS Secretary

USEF's SAFE SPORT TRAINING REQUIREMENT



As of January 1, 2019 every USEF adult member (18 years of age or older) with a Competing Membership must complete USEF's Safe Sport Training.

A 30 day grace period to complete the SafeSport training will be provided to all members who renew or join on or after December 1, 2018. Members joining prior to December 1, 2018 will have until January 1, 2019 to complete the training. Those who do not complete the training within the grace period will be ineligible to participate in USEF activities, including competitions.

Parents Training Course: <https://athletesafety.org/training/index>

FALL FUN DAY 2018

WINNERS from FALL FUN DAY!

We had 17 riders ages 6-72. If you fall within those age ranges and DID NOT PARTICIPATE, shame on you! Note that the 72 year old was the only one to do any jumps.

Class 1. Walkers - 3 teams entered

1st place - The Busy Bees: Elizabeth, Grace and Emma Kate Caldwell

2nd place - The Holy Grail: Steve Lloyd and Jean Sullivan

3rd place - Topperhill team: Dara Lindner, Susan Hill and Julie Hall

Class 2. Hilltoppers - 3 teams entered

1st place - Griffindor: Elizabeth, Mia and Ana Young

2nd place - Winfield Oaks: Janice Butt, Kathryn Greenfield, Rebecca Smith and Mot Daughtridge

Team of Jennifer and Heather withdrew on course

Class 3. Fast N Furious - no entries

Class 4. Jump Class - Janice Butt was the only entry and elected to only jump half the course.

Class 5. Adult Costumes - 4 entries

1st place - Monty Pyton and the Holy Grail: Steve Lloyd and Jean Sullivan

2nd place - Busy Bee Mom: Elisabeth Caldwell

3rd place - Mom Griffindor: Elizabeth Young

Class 5. Youth Costumes - 2 team entries

1st place - Busy Bees: Grace and Emma Kate Caldwell

2nd place - Griffindor: Ana and Mia Young

Class 6. Run for the Money - 3 teams

1st place - Winfield Oaks team: Janice Butt, Kathryn Greenfield, Rebecca Smith and Mot Daughtridge
With 7s over 4s

2nd place - Topperhill team: Dara Lindner, Susan Hill and Julie Hall With a pair of 9s

3rd place - Holy Grail: Steve Lloyd and Jean Sullivan With a pair of 4s

Class 7. Wine/Whine by the barrel 1st place by default as no one else entered.

Holy Grail: Steve Lloyd and Jean Sullivan. They each won a bottle of German red wine.

Many Thanks To All The Volunteers:

Jill Strain who helped me drive around River Glen to determine the course; Dave Mcadoo who donated gift cards from the Jefferson County Co-op as prizes; the volunteers who helped me mark the course and took down all the pink flags and helped all day Saturday; Mike Sullivan set up the CDCTS gazebos, and did the cooking four days after having cataract surgery; Kat Engstrom, who is not even a member, who was the stop on course and monitored the water crossings; Diane Carlson who came out to help with concessions; Jean Sullivan and Mike again for bringing the CDCTS trailer out on Friday and picked it up on Sunday; Kim Clelland who took photos; Elizabeth and her two little ones who got all the decorations off the jumps and brought them in and EVERYONE ELSE I have forgotten. THANK YOU!

At a minimum, the Fall Fun Day took 90 hours of volunteer time. Without volunteers, CDCTS cannot run their shows and events. The same people seem to do all of the volunteering... Let's get some new helpers! Even if you participate in an event/clinic/show, you can still help even if only for a short while.

KEEP VOLUNTEERING!

FALL FUN DAY 2018



Carol G check-in and cards.



Dave looking warm and serious.



Carolyn in charge.



Cat pushing the fat pony.



CDCTS CHRISTMAS PARTY

December 15, 2018, 6:00 p.m.

**Rita Dunn's home
265 Lancaster Drive
Lenoir City, TN 37771**

The club will buy the meat, soft drinks and water. Please bring a side and any celebratory libations that you prefer.

We will play "Dirty Santa" so those of you who want to play are reminded to bring a wrapped gift worth \$25 maximum.

CDCTS CLASSIFIED CORNER

Piedmont Woodrow, 2017 beautiful bay gelding. 3/4 Connemara - 1/4/ TB. ACPS and USEF registered. Should mature ~15 hands. Outstanding eventing prospect; brave, friendly, loves to gallop and be scratched. Jumps ditches, crosses water at liberty. Super friendly and personable; has been easy to handle and train up to this point. I am excited about his potential. I'm a breeder; he needs a loving person who wants to train and compete and win! Contact me, Vanessa, at 423-744-9071 or email connemaras9@gmail.com.

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.

Boarding available. Board openings for all riding disciplines now at Winfield Oaks, 433 Meadow Road, Greenback TN 37742. Facility under new management. New footing in rings, large stalls and paddocks. To arrange a barn tour or for more info, contact Jayne Bower at 919-478-8005 (cell)

Pasture Board. One Spot Available. Lenoir City Area. Four board fencing; feeding provided and hay and blanketing in winter. \$350 a month. Contact Susan Hill, 865-789-5048

Professional Clipping Services available. Full body clipping, trace clipping, partial clipping by an experienced handler. Will travel to your location or you can bring your horse to me, whichever suits your schedule. Contact Jayne Bower at 919-478-8005 or via email at ladyjaynebower@hotmail.com

Full and pasture board.

Dressage arena, Jumping arena and Covered arena. Dressage and jumping instruction.

Training, working with problem horses. Access to riding trails on the property. Safe and experienced lesson horses available for beginner through advanced riders.



Louise von Clef

1826 Calderwood Hwy. Maryville, TN 37801 (P)#865-856-8500

www.ridemountainmeadow.com and Facebook



Melissa Morehead
horse blanket washing and repair

Phone: 865-661-3154
E-mail: melissa@fleetfootfarm.com
www.thebarnfairy.com

The Barn Fairy

Four Star Equine Veterinary Services, LLC

Facebook.com/FourStarEquineServices
www.fourstarequineveterinaryservices.com

Providing Superior Veterinary Care for Horses
Ph: (386) 344-1937
Jennifer A. Miller, DVM, MS, CVA

- Beginning March 2018!
 - Ambulatory services will be offered to Equine patients in Friendsville and surrounding areas



- Services Include
 - Lameness Evaluation
 - Veterinary Podiatry
 - Preventive Care
 - Routine Dentistry
 - Emergency Care
 - Digital Radiography
 - Digital Ultrasonography

RITA DUNN



USDF Certified
Dressage Instructor
Training through 2nd Level

USDF Bronze, Silver, and Gold Medalist



(865)988-9113
piaffe8@charter.net



Pulse **n**

PEMF therapy
for horses, people and pets
PULSEONPEMF.COM

Vanessa Morgan
PULSE Certified Practitioner

423-744-9071
connemaras9@gmail.com

mobile: 423-506-6975
@pulseonpemf

Being a horse owner for over 25 years, I understand the requirements for good equine property.

If you are looking to buy or list your house, or know someone who is, I would appreciate you giving them my name and phone number. My business grows from referrals!

As a multi-million dollar producer of residential, commercial, and equine properties, I can find you your next dream location.



Marge Williams
Affiliate Broker

Marge Williams
423-337-8249
myladyshire@gmail.com
Licensed also in Florida

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
Quarter Page (3.5"wide X 5" high)	\$2 per month	\$5 per month
Business Card (3.5"wide X 2" high)	FREE	\$2 per month
Classified Ad	FREE	\$1 for each 25 words

Please send ads, via email to coyjbays@gmail.com. Make checks out to CDCTS (put "advertising" in the check memo line) and mail them to Mary Sivilley, CDCTS Treasurer, 226 Cove Circle, Caryville, TN 37714.

ARTICLES FOR THE CROSSING

Please submit articles for your monthly CDCTS newsletter, *THE CROSSING*. Deadline for articles is the 20th of each month. Send your article by email to: coyjbays@gmail.com.



STAR IS LOOKING FOR HEALTHY AND SOUND HORSES AND PONIES TO BECOME PART OF THEIR TEAM.

Quiet temperament, excellent ground manners and strong backs are imperative. Must be sound to walk and trot. Non-gaited horses are preferred as we have fulfilled our needs in this area. Donation or lease option – go to www.rideatstar.org/horse-donation.html for more information.

Current needs are:

- Beginner safe off-lead horse 15-16 hand range.
- Draft or Draft cross horse. Preferably under 17 years old and 17 hands.
- Pony 12-13.3 hands. Lead line friendly, off lead potential.

Additionally we are seeking retirement homes for a few of our troopers who have served us well and need a loving home for rest and relaxation. Please consider helping out so we can bring in younger animals to continue the work. Contact Jennifer at equine@rideatstar.org.

Join our Equine Committee! We are striving to keep our herd fit and healthy to do the required work with our special needs riders. If you have some time to devote we would love to have you. Some animals need groundwork, some need arena riding, some need hill work. Experienced riders only please as the horses require tune ups and specific types of work. Must be willing to function within STAR's parameters for equine handling.

Upcoming STAR Volunteer Trainings (great for logging service hours, working in the horse world while helping others, and getting a good dose of fulfillment – our volunteers leave the barn much happier than when they arrive!!)

- Junior Volunteer Training (ages 10-12) November 29th 5-7
- Lesson Volunteer Training (ages 13 and older) December 1st 9-1
- Barn Helper Training (ages 13 and older) December 4th 5-8

Check out web site www.rideatstar.org

CROSSROADS DRESSAGE AND COMBINED TRAINING SOCIETY

Presents

BITS N SUCH CONSULTATION CLINIC

With Kim Gentry

December 18-19, 2018 (Tuesday/Wednesday)

At Penrose Farm

8444 Nubbin Ridge Road, Knoxville, TN 37923

Bits N Such and Trial clinics with Kim Gentry provide a totally unique opportunity to try a wide variety of bits in a one hour session (double bridle may take 1 1/2 hour).

Kim is a successful International Grand Prix rider and trainer. Kim and her horse, Leonardo, were members of the Australian Equestrian Team for the 2015 and 2016 Nations Cup. She has won major US competitions: Region 9 GAIG Grand Prix Open Champions and Grand Prix Freestyle Reserve Champions, Dressage at Devon and the US Eastern

Selection Trials for the Young Horse World Breeder's Championships in Verden, Germany and USDF Regional Championships. In 2015 she won with both Leonardo and Golden Eye at the Estes Park CDI and won the overall Young Horse Performance Championship with Frasier at the Devon CDI. She has competed and placed at the USEF/Markel Young Horse National Championships. In 2017, Kim and Leonardo had placements at the Global Dressage Festival and Tryon CDI 3* and CDI-W's in the Grand Prix, Grand Prix Special and Grand Prix Freestyle.



Contact Rita Dunn piaffe8@gmail.com or (865) 988-9113 for more information.



Crossroads Dressage and Combined Training Society

CDCTS PRESENTS

Kim Gentry

Bit Consultation Clinic

December 18-19, 2018 (Tuesday/Wednesday)

At

Penrose Farm

8444 Nubbin Ridge Road

Knoxville, Tennessee 37923

Bit fitting costs:

CDCTS Members

\$155 snaffle bridle

\$205 double bridle

\$255 both bridles

Non Club Members

\$175 snaffle bridle

\$225 double bridle

\$275 both bridles

Audit: \$15 per day or \$25 for the whole clinic
\$10 per day for youth (up to 18 years old)

Stabling: Limited stabling available. \$30, no bedding
provided, stall must be stripped before leaving.

CDCTS Members may reserve spots now. After November 1,
2018, the clinic will open to non club member participants.
Entries will be taken in the order full payment is received.

For information, contact:

Rita Dunn - piaffe8@gmail.com or (865) 988-9113

BIT CONSULTATION CLINIC - Registration Form

Kim Gentry

December 18-19, 2018 (Tuesday/Wednesday)

Sponsored by CDCTS

Name: _____ Address: _____

Email: _____ Phone No: _____

Horse: _____ M G S (circle) Level: _____

Type of Bit Consultation:

Snaffle	\$155 CDCTS members	\$175 non members
Double	\$205 CDCTS members	\$225 non members
Both	\$255 CDCTS members	\$275 non members

Stabling: \$30.00 day/night. No bedding provided, must be stripped before leaving. Stalls are small, some with low overhead.

Auditing: \$15.00 per day, \$10 for youth (up to 18 years old)

Type of Bit Consultation:

Snaffle _____ Stabling _____
Double _____ Auditing _____
Both _____ TOTAL FEES \$ _____

FEE: Make check to CDCTS. Payment in full with application, slots filled on a first come, first served basis. CDCTS members may enroll now. November 1, enrollment will open to non-members. Negative coggins to be sent with entry.

The day runs like a normal riding clinic and auditors are encouraged to learn by watching the individual sessions. There is often active participation from auditors and great discussions about the sessions. The changes in how the horses go are very visible to auditors.

BITS: We fit the leading brands of bits and bring MANY samples for you to try. These bits are innovative and are designed with the comfort of the horse in mind. We are able to order any bit carried by these manufacturers' warehouses in the US.

TIPS: Please make sure that your cheek piece and rein buckles are clean and pliable! We will be swapping bits often and it is much easier if these parts are easy to open and close. Also bring a halter to take your horse back to the barn/trailer when you are finished with your session.

This clinic will be held at **Penrose Farm, 8444 Nubbin Ridge Rd., Knoxville, TN 37923**. Please bring your own lunch and a chair. **NO VIDEOING PERMITTED.**

Send or email form back to Rita Dunn, 265 Lancaster Drive, Lenoir City, TN 37771 or piaffe8@gmail.com. Questions? 865 988-9113.



UNDERSTANDING YOUR HORSE'S MOVEMENT TO INCREASE PERFORMANCE, LONGEVITY AND PSYCHE

To strengthen and enhance equine well-being, it is important to ride and work horses in healthy postures. Throughout this course, students will connect the why and how of balance and collection to understand how a horse's anatomy, muscular development, and movement patterns affect his performance under saddle. The 2 ½ day lecture series explains healthy movement in depth and gives the learner the opportunity to develop their eye so they can see healthy and unhealthy postures. Students will:

- Learn what to look for in healthy movement and muscular development.
- Discover what creates a healthy posture in riding horses.
- Evaluate a horse's posture and anatomy from a new perspective.
- Add tools to develop horses' postural strength.

**2-1/2 Day Biomechanics Course taught by
Jillian Kreinbring, M.S.
(www.jkinspiredllc.com)**

07-09Dec2018

07Dec □ 6-9pm

08-09Dec □ 8:30-5:00pm

Course Location

STAR

Shangri-La Therapeutic

Academy of Riding

11800 Highway 11E

Lenoir City, TN 37772

Course includes a combination of lectures and “developing your eye” labs

“An immensely informative course. Jillian breaks down what are seemingly complex concepts into understandable and logical components. Understanding both the horse's innate abilities as well as his limitations allow us to work within his comfort zone; helping him find relaxation, enjoyment, and suppleness. I encourage all of my students to spend some time with Jillian.”—Mark Russell, Natural Dressage

FOR MORE INFO:

Alece Ellis

913-515-4850 (cell)

alece@earthlink.net



11800 Highway 11E, Lenoir City, TN 37772

Phone: 865-988-4711 Fax: 865-988-4712 Website: www.rideatstar.org

VISITOR RELEASE AGREEMENT - Individual

_____(Name) is at Shangri-la Therapeutic Academy of Riding (STAR) on 07-09Dec2018 while attending the Kreinbring Equine Biomechanics Course.

Liability & Confidentiality Statement

I affirmatively state that as a visitor at STAR, I understand and agree to release, discharge and hold harmless all staff, Board of Directors, and any and all parties, agents, or representatives involved with STAR from liability for all manner of claims, demands and damages I may have, whether for property damage or personal injury, resulting from or in any way growing out of my participation as a visitor at STAR. I understand that I (and my horse if applicable) am participating at my own risk and in the event of an accident, no insurance coverage is provided by STAR.

STAR will preserve the right of confidentiality for all individuals involved in its program. Visitors will keep confidential information learned through any avenue about a STAR participant, volunteer, or staff and his/her family. Additionally, there will be no posting of pictures or other information on any social networking site, i.e. Facebook, Twitter, etc. without expressed permission from STAR and the parents/guardians of the STAR participant.

By signing below, I understand and accept the Liability, Safety, and Confidentiality Agreements as stated above. I agree to follow STAR's rules for safety.

STAR may use photos, audio/visual materials taken of the visitor for promotional/educational exhibitions for the benefit of the program. YES NO

Signature of Visitor

Date

Parent/Legal Guardian Signature (If under 18)

Date

Person to notify in case of emergency

Phone

This form must be signed before participating in any activity.

Thank you for visiting STAR. We really appreciate it!!

EMILY BROLLIER CURTIS



Emily is coming back to Tennessee for the last time this year!

Emily is known for her outstanding ability to work with young and difficult horses. She also enjoys coaching classical dressage clients, and working with eventing and jumper teams to develop their flat work and enhance their control over fences. In addition, Emily has a real talent for restarting OTTBs and placing them into new careers as sport horses.

Below are just some of Emily's accomplishments:

- USDF Bronze, Silver, and Gold Medalist
- Trained over 10 horses to the FEI levels, and several to Grand Prix
- Multiple top 10 finishes in the Dressage Competition with the Retired Racehorse Project

Friday November 30- Sunday December 2

\$95 for 45 minute private lesson

Call or text Kaylen Moon at (865)-696-1194 OR email kaylenmoon1@gmail.com to secure your spot

**Benchmark Farms
14785 Buttermilk Rd, Lenoir City TN 37771**

BUCKET LIST TRIP TO IRELAND!

Horseback riding across Ireland is on my bucket list! Who wants to join me???

I'm planning to do this around Labor Day 2019. I've researched several options of riding tours and will be glad to share my findings.

My plan is to arrive a few days ahead of the riding portion to be a tourist in Dublin and get acclimated to the 5 hour time difference. Then do a week long ride before going home.

My first estimates are that the trip will cost around \$2800 which includes round trip airfare from Knoxville, the riding portion and the stay in Dublin. Obviously price will depend on 2019 prices and exchange rates.

In the meantime, TEXT me your name if you are interested in finding out more! We'll figure out a time and day to meet and discuss options.

Let's go adventuring! Carolyn Ordal; Cell: 443-670-2108



FOUR STAR EQUINE VETERINARY SERVICES

Jennifer Miller-Bailey DVM, MS, CVA ph: (386) 344-1937 email: fsevs1@gmail.com

www.fourstarequineveterinaryservices.com Facebook.com/fourstarequineservices

Improving the Odds with Mechanics

The dreaded “L” word. No owner wants to hear their horse has been diagnosed with laminitis. Veterinarians dread diagnosing horses with laminitis. For most veterinarians it means sentencing the horse with a life of pain and likely death. That is because for most veterinarians, that is exactly what happens to the horse when the traditional approaches to laminitis are taken.

In veterinary school, very little is taught about the foot, let alone laminitis. We learn that in the purest definition, it is inflammation of the laminae. This inflammation, brought on by many causes, always results in the same process: destruction of the bond between hoof and bone resulting in the alteration of this relationship. We are not taught how to treat laminitis, just as we are not taught how to treat many other ailments of the foot. That is likely because there is no widespread agreement between academic veterinarians, private practice veterinarians, or even farriers on how to treat laminitis or many other conditions of the foot. Because of this, the horse suffers.

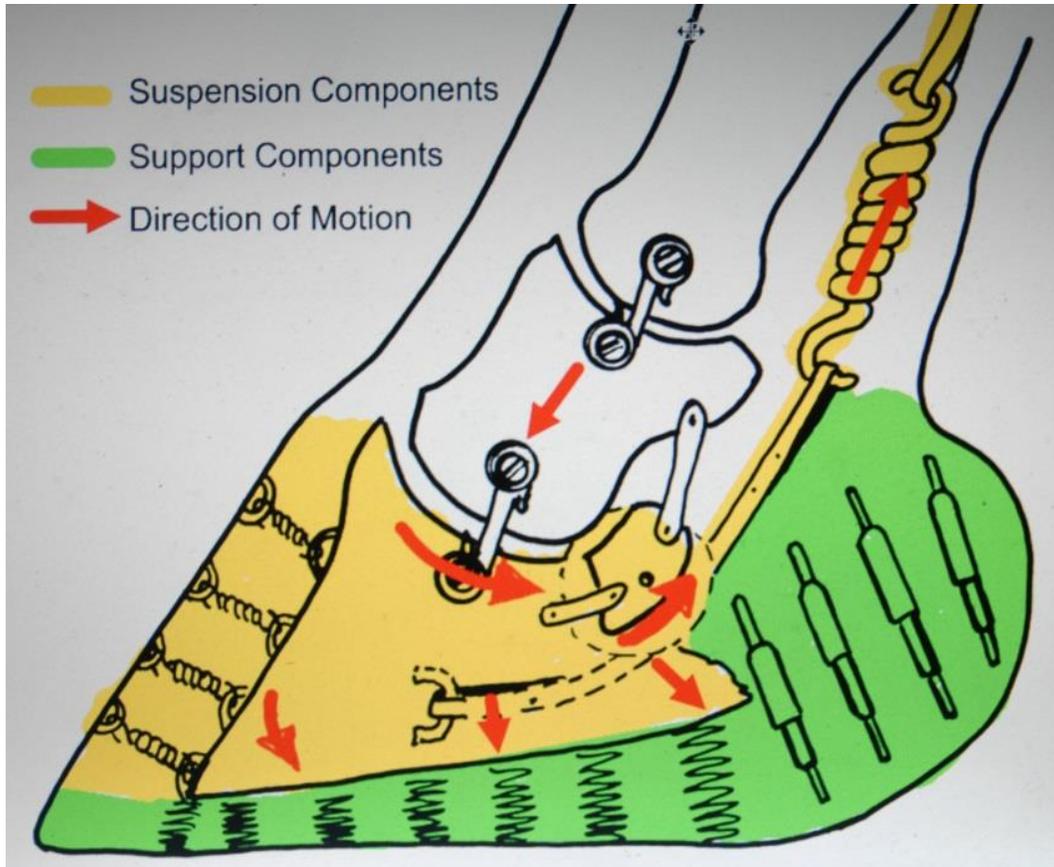
There is however, a method for addressing laminitis and the destruction it causes, that in my experience far surpasses any other method available. I was introduced to these methods and concepts five years ago when faced with a very difficult case that had extensive damage throughout many levels of the foot and distal limb of both forelimbs. After several very costly diagnostics and treatment by other veterinarians, this horse was still in a great deal of pain. Yet by addressing the mechanical reasons for the pain, this horse was pasture sound in 6 months and delivered her first foal two years later. This approach opened a whole new world of possibility for lame and laminitic horses that had been previously hidden from me.

I have always gravitated to the foot. Through veterinary school, internship and private practice, it seemed like an obvious place to focus given that 90% of lamenesses are foot based or related. Looking back, it seems astonishing and disappointing that we don't learn more about the foot in school. I have sought out assistance and teaching from farriers and other veterinarians that focus on the foot over the past several years. This has given me the opportunity to use more traditional approaches to the foot and follow their results. For the last five years however, I have been utilizing a different approach and the results I have been getting are overwhelmingly positive.

The approach I now follow is based on mechanical principles identified and described by Dr. Ric Redden of Versailles, KY. He is a Veterinarian and Farrier that has over 45 years of studying and treating the various pathologies of the foot. The foundation of his approach is centered on addressing two main structural systems of the foot: support components and suspension components. The support components are the hoof capsule, sole, bars, frog, and digital cushion. Suspension components are mainly the deep digital flexor tendon and the lamellae connecting hoof capsule to coffin bone. These

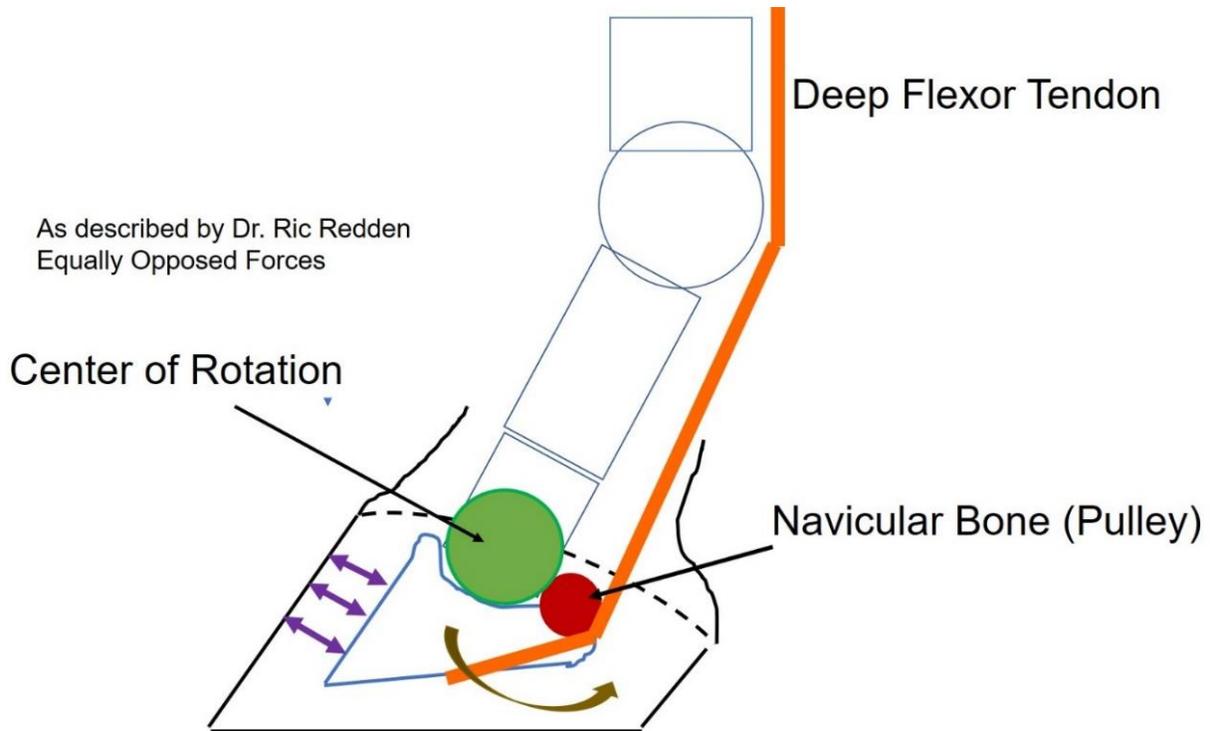
IMPROVING THE ODDS WITH MECHANICS - continued

two systems are simplistically represented in the image below. The support system is shown in green as coils and shock absorbers. The suspension system is shown in yellow as small springs (laminae between the hoof wall and coffin bone), large spring (deep digital flexor tendon), and pulleys (navicular apparatus). The red arrows show the directional forces at play around the various structures.

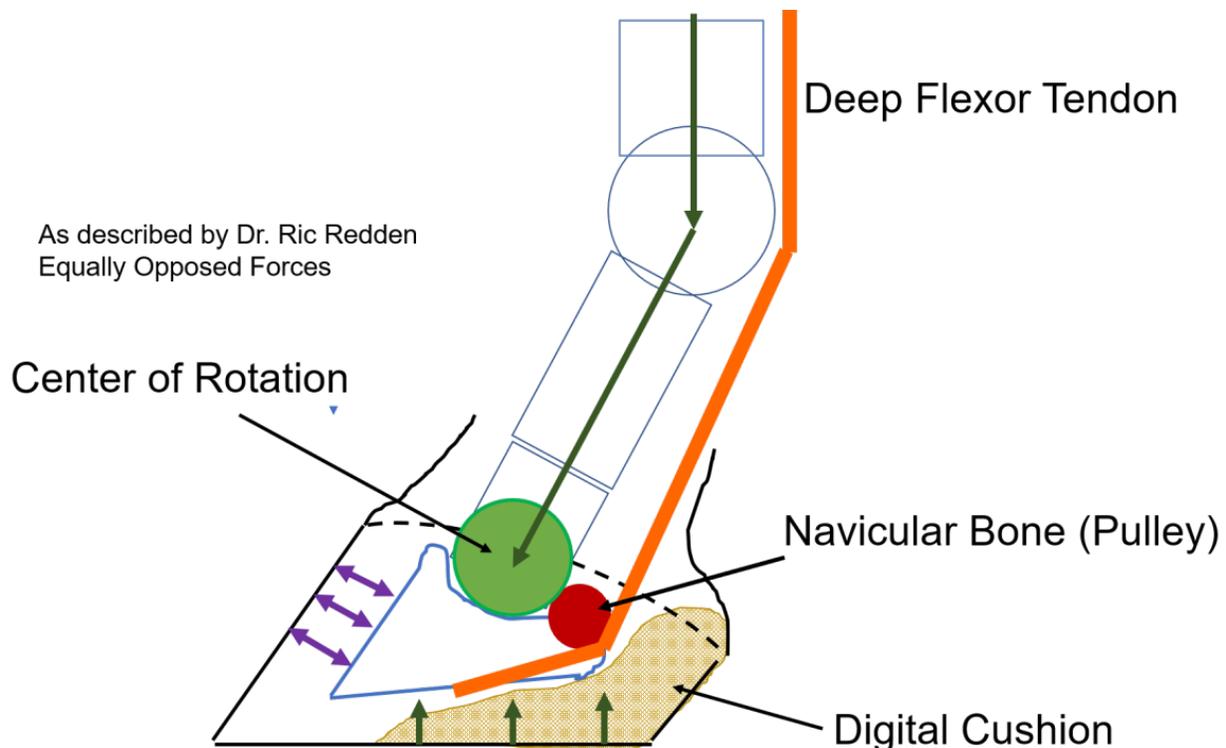


I've always understood the support system. That is where most farriers and veterinarians focus their attention. Shoes, pads, sole packing, etc. are all designed with support in mind. What I now realize is without addressing the suspension, we are missing the mark by a mile. The two systems are closely linked. One cannot expect success only addressing one of them. In fact, not only can one not expect success, they can expect out right failure when treating laminitis.

If we look at the two systems separately in the simplistic drawings below starting with suspension, the two main players are the deep digital flexor tendon (ddft) and the lamellar attachment between hoof wall and coffin bone. The ddft (orange line) is anchored at the elbow, runs down the leg to insert on the bottom/ventral surface of the coffin bone, and exerts a rotational force on the coffin bone via the pulley action of the navicular bone. In a healthy foot this force is equally antagonized by the strong Velcro-like lamellar tissue (purple arrows) that hold the hoof wall to the coffin bone. Therefore, the coffin bone, and thus the digit, is "suspended" within the hoof capsule by these two very robust structures. This can also be illustrated by picturing a hammock; one end anchored by the lamellar tissue, the other end by the deep flexor tendon. A large portion of the horse's weight is directed down into this "hammock." The remainder of the horse's weight is distributed through the support structures.



If we now examine the support system, the main players are the hoof capsule, sole, frog, digital cushion and the phalanges (long and short pastern bones and the coffin bone). The weight of the horse is directed down through the skeleton into the foot and is represented by the green arrows pointed down through the middle of the phalanges. In a healthy foot, this force is equally opposed by the ground pushing up (as shown by the shorter green arrows pointing up from the bottom of the foot) via the hoof capsule, sole, frog and digital cushion, against the bottom of the coffin bone.

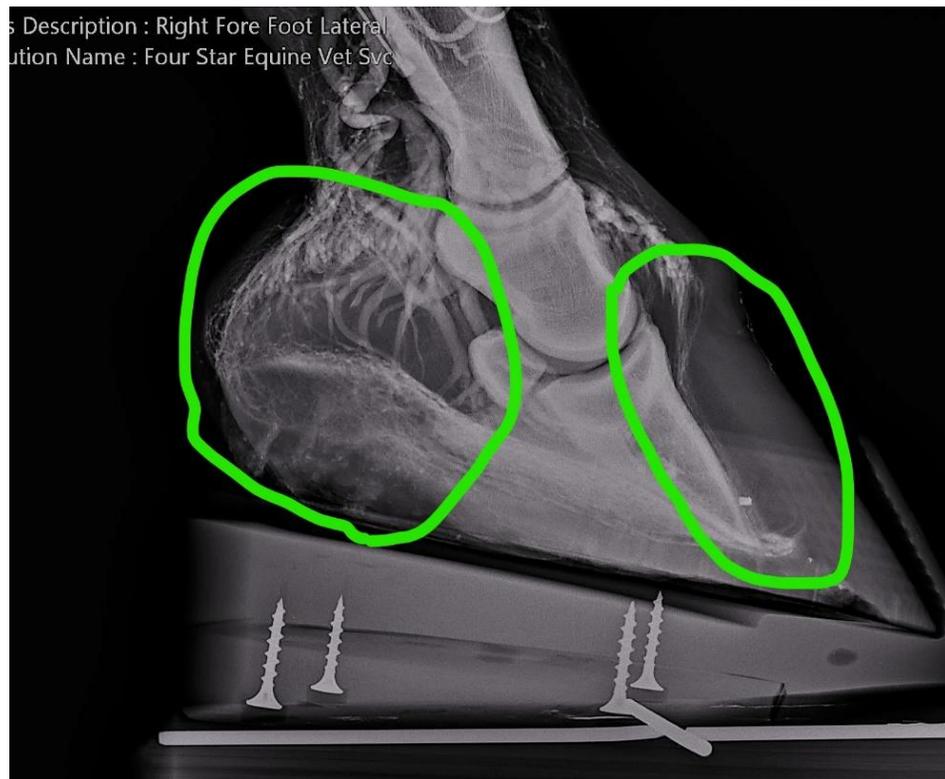


The support and suspension systems work together to keep the relationship between the bone and the hoof capsule stable throughout all sort of mechanical stresses placed upon the foot during the horse's performance. In a "normal" appearing foot, meaning one that is not upright or clubby, nor does it have low underslung or crushed heels, these two systems are in perfect harmony. However, if one system is overwhelming or insufficient, the foot takes on either an upright or clubbed appearance (too much suspension), or a low angled underslung or crushed heel with minimal digital cushion (not enough suspension). Genetics can predetermine this arrangement, but environment, nutrition, injury and disease also affect it. Laminitis significantly disturbs the balance between suspension and support.

When a horse is experiencing laminitis, no matter the cause, the suspension system is disrupted. The laminar bond between hoof and bone is no longer equal to the pull of the tendon. This results in tearing of the laminar tissue and eventually rotation of the coffin bone. If enough lamellar tissue is disrupted throughout the foot, the entire bond can fail resulting in sinking of the coffin/digit further down into the hoof capsule. If support alone were enough to prevent this from happening, horses would never penetrate the sole with their coffin bone. However, all the support in the world will not prevent this from happening if that is the only system addressed.

When treating laminitis, one must always address both systems to have success in either preventing rotation or preventing further vascular damage and bone loss after rotation has already occurred. There is a vast and delicate vascular network tightly associated with the coffin bone, especially around the distal rim or apex where the circumflex artery lives. As the tendon pulls on the coffin bone, the apex is pulled down against the sole and away from its vascular supply, the circumflex artery. The bone not only begins to suffer damage from loss of perfusion, it compresses additional vasculature below it within the solar tissue. This compression prevents perfusion of the sole, leading to tissue death and necrosis. If this continues long enough, there will be irreversible bone loss and minimal to no sole growth in this area. The solar tissue becomes very thin and fragile and the bone begins to penetrate the sole.

The pictures below show a venogram. Dye has been injected into the digital vein and a radiograph produced to show the intricate and vast network of vessels throughout the foot. Venograms produce real-time information on the vascular status of a foot with laminitis weeks before radiographs would show any evidence of laminitis. They allow diagnosis and intervention to be implemented before irreversible damage has occurred. Serial venograms can be utilized to evaluate the effectiveness of the interventional treatment to be sure it is adequate to save the foot. In the event interventional treatment is still insufficient, more aggressive tactics can be taken before it's too late. Venograms are now the gold standard in diagnosing and evaluating laminitis. The first picture shows the vascular pattern without any intervention. The second picture shows how that pattern is changed when mechanics are introduced. Notice there is relative blanching of the vessels throughout the heel region, and relative filling of vessels through the coronary waterfall, sublamellar vascular bed and circumflex artery. This is proof that application of mechanics alters the bloodflow in the foot to allow. Taking advantage of this effect allows us to protect and or rehabilitate damaged areas.



Once the diagnosis of laminitis has been made, immediate mechanical intervention should be implemented to address both the support and suspension systems to prevent any further damage from occurring and promote vascular and tissue repair at the fastest rate possible. The pull of the tendon must be significantly reduced to prevent the coffin bone from moving, and the load must be directed

IMPROVING THE ODDS WITH MECHANICS - continued

towards the healthier heel area and away from the toe where most of the damage is occurring. Over the past 45 plus years Dr. Ric Redden has found that in most cases of laminitis, reducing the pull of the tendon by 60% is sufficient to prevent further catastrophic damage. He has found that raising the angle of the coffin bone relative to the ground to around 20-30 degrees will achieve 60% reduction in the ddft tension. Dr. Redden also discovered that by loading the heel parallel to the coffin bone, one can maximize the amount of perfusion around the toe. This effect can be illustrated by simply applying digital pressure to your skin. The blood where the pressure is applied is pushed into other surrounding tissues. By applying increased pressure at the heel, we can move more blood into the toe, thus reducing or preventing tissue necrosis due to inadequate perfusion.

The picture below is a device used to treat the very early stages of laminitis utilizing the above described principles. It was designed to be applied as a first aid type of treatment, before any rotation has occurred. Applied correctly with the aid of radiographs, it can be a very effective method of treatment. Combined with serial venograms, the possibility of getting a horse to not only survive laminitis, but to have a normal foot afterwards is quite possible with this treatment. As mentioned before, this device can provide a 60% reduction in the tension of the ddft. If, however serial venograms show that the degree of laminitis has overwhelmed the ability for this device to save the foot, more aggressive measures can still be taken to save the horse and save the foot without having the catastrophic damage and distortion we have become so accustomed to associating with laminitis. In the event diagnosis is delayed and rotation does occur, mechanical intervention can still save the foot so long as the venogram shows the vascular supply is still present.



The results produced when utilizing and applying the principles of this mechanical formula have far surpassed any other method I have used or seen to date. Why it has not yet become the standard of

care for laminitis is due in large part to the concept being so different than the traditional “American Farriers’ Association” style of teaching. Principles of the AFA are largely what govern the approaches of most veterinarians and farriers. I have utilized those principles for years. I have now realized that those principles are largely inadequate. Following the mechanical principles above has allowed myself and many others to help substantially more horses than I ever was able to with more traditional approaches. In addition, the degree of success for each horse has been far greater.

Successful implementation of mechanical treatment for laminitis must be done by likeminded individuals. The veterinarian and the farrier must be on the same page and have the same goals and ability. Laminitis treatment can be intensive and ongoing for months to years in some cases. This requires dedication from the veterinarian and the farrier that is unlike most other diseases of the foot. It also requires that the veterinarian and the farrier work together on the horse at the same time to compliment one another’s efforts. This level of commitment is likely why many veterinarians prefer not to treat many laminitic horses and would rather turn them over to the farrier exclusively. In these situations, the owner and or farrier often seek out a veterinarian whose practice does focus on laminitic horses. Many times, however this occurs weeks after initial diagnosis making treatment more difficult and prognosis lower. Prognosis and outcome are maximized when the appropriate treatment is applied at the first sign of laminitis. An experienced vet-farrier team can immediately work to get the horse healthy again and provide the owner with the best possible outcome in the shortest time frame possible. Therefore, I have made it my goal to educate horse owners on the importance of not only recognizing the early signs of laminitis, but the importance of getting the right team for the job. If you or someone you know has a horse suffering from laminitis, put them in touch with professionals such as myself that are trained in this method and have experience using it. It can mean the difference between life and death for many horses.

Become a member today and stay connected with your local dressage community!

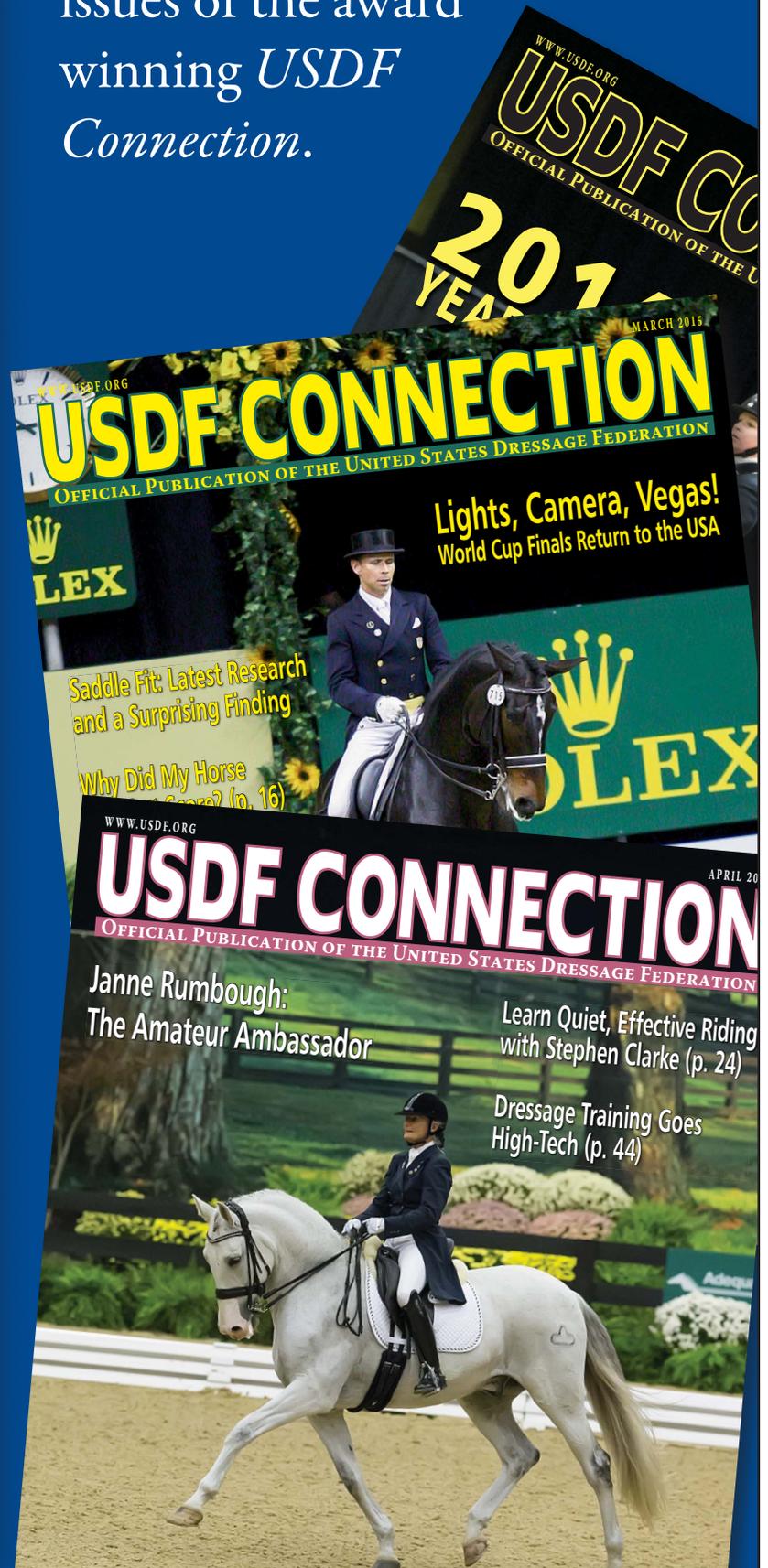
By joining, you also receive complimentary issues of the award winning *USDF Connection*.

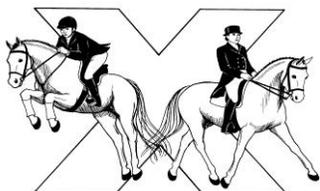


GMO

GROUP
MEMBER
ORGANIZATION

YOUR CONNECTION TO THE LOCAL
DRESSAGE COMMUNITY





Crossroads Dressage and Combined Training Society

2019 Membership Application



GROUP
MEMBER
ORGANIZATION

CDCTS membership year is 1 Dec 2018-30 Nov 2019. After 1 Dec, the effective date of membership begins the day the form and correct dues reach the CDCTS Secretary at the address below. CDCTS is a USDF GMO and its members are automatically USDF Group Members. For Participating Membership, members must apply directly to USDF. \$20.00 of your membership fee goes directly to USDF for your Group Membership. Electronic copies of CDCTS applications will be held until funds are received.

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

Street Address: _____

City: _____ State: _____ Zip Code: _____

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

Primary Email address: _____

Birth date: _____ (required by USDF for all riders under 21 years of age, and requested for those over 21 years old to assist in limiting doubled entries at USDF)

I would like to Join: ____ /Renew: ____ Crossroads Dressage and Combined training Society for the membership year 1 December 2018—30 November 2019 in the following category:

a. Charter Member (Founding member of the club whose membership has not lapsed) _____ X \$23.00 _____

b. Adult Member (Over 21 years old as of January 1, 2019) _____ X \$52.00 _____

c. Junior/Young Rider Member (21 years old or younger as of January 1, 2019) _____ X \$28.00 _____

d. Family Membership (\$52 Primary Member + \$13.00 per each additional member) _____ X \$52.00 _____
_____ X \$13.00 _____

ARE YOU PAYING WITH PAYPAL? IF YES, ADD \$2.00

Total: _____

List the Additional Family Members below:

Name: _____ Phone #: _____

I would like to volunteer to support the club in the following areas:

Horse shows: ___ Scribe, ___ Scorer, ___ Runner, ___ Ring Steward, ___ Concessions, _____ Set up and Tear Down, ___ Hospitality

Other: ___ Phone Contacts, ___ Committees, ___ Board Member, ___ Write for Newsletter, ___ Publish newsletter, ___ Website, ___ Sell Advertising, OTHER: _____

Please make your check payable to CDCTS and return to:

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

Office action: Date Received: _____
Check #: _____
Amount: _____

2018 EVENTS

Emily Broiller Curtis Clinic: November 30 - December 2. Held at Benchmark Farm. Contact Kaylen Moon for openings at kaylenmoon1@gmail.com.

Biomechanics Course: December 7-9, STAR Shangri-La Therapeutic Academy of Riding, 11800 Highway 11E, Lenoir City, TN.

Jim Koford Clinics: December 13-16. Contact Tina Henderson for additional information and locations. tanglwood02@gmail.com

Club Christmas Party: December 15; hosted by Rita Dunn at her home 265 Lancaster Dr., Lenoir City.

Kim Gentry Bit Clinic: December 18 at Penrose Farm. Contact Rita Dunn for more details at piaffe8@gmail.com.

CDCTS Awards Banquet: January 26, 2019, 6 p.m. at Buddy's BBQ, Bearden Location.

**Next CDCTS meeting will be held on December 11, 2018
RJ's Courtyard, 3749 Alcoa Hwy, Alcoa TN**



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.

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, Kennetha Eikleberg at keikelberg@gmail.com

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