

2011 Board and Officers

President

Rita Dunn 865-988-9113

265 Lancaster Dr.

Lenoir City, TN 37771

piaffe8@charter.net

Vice President

Susan Price 865-579-3642

3843 Hudson Rd

Mascot, TN 37806

susanccsi@comcast.net

Secretary

Sue Cain 865-483-1646

102 Greywood Place

Oak Ridge, TN 37830

crossroadsdct@yahoo.com

Treasurer

Linda Klingerman 865-458-8534

13500 Vonore Rd

Loudon, TN 37774

tellcobandb@charter.net

Parliamentarian

Kathy Ridenour 423-912-1477

476 Old Middlesboro Hwy

La Follette, TN 37766

katridenour@gmail.com

Officer At Large

Janet Besanceney 865-258-8387

1824 Roane St. Hwy, Ste 209

Harriman, TN 37748

elektra2167@gmail.com

Alternate Board Members

Julie Noe 865-579-3642

Carol Grau 865-984-2532

Kate Wooten 865-207-4340

Fall Show Cancelled

.The Fall CDCTS Schooling Show had to be cancelled due to an outbreak of Equine Herpes Virus-1. One horse was euthanized at UT Vet Hospital after it became too sick to stand on its own. After the Hospital

confirmed EHV-1, the Hospital was quarantined for 14 days until it was confirmed there were no other sick horses other than the herd the sick horse came from. Thus far, the EHV-1 had been confined to one herd and that herd is a closed herd, so it seems there has been

no spread of the virus to other horses in Tennessee. Other horses within the closed herd have the disease but have been able to be treated and remained quarantined. Other horse related events scheduled this month have been cancelled but it appears the threat has passed.

President's Message

The weather is a bit cooler, the days are getting shorter and Regional Championships are around the corner. It MUST be fall! Riding certainly is more pleasant.....and I

hope all of you are out enjoying your horse.

In this newsletter is an article on a tick borne disease that I found in the Georgia Dressage and Combined Training Association's newsletter. Keep this tucked

away in your mind in case your horse becomes ill with something the vets around here can't figure out. Hopefully this will never present itself here, but it's better to know about it than not. (continued next page)

THE CROSSING

EQUINE HERPES VIRUS—WHAT DOES IT MEAN

The recent outbreak of Equine Herpes Virus—1 in Tennessee has scared a lot of horse owners. The University of Tennessee Veterinary Hospital held a forum at the school that was also watched online so more people could get the information. If you would like to view the forum, go to www.vet.utk.edu.

EHV-1 is also known as Rhino Virus but the horse virus is limited to only the equine and camilid species. It cannot transfer to humans or other animals. Amazingly 80-90% of all horses have the virus in their bodies. That does not mean they have the disease or can pass it on. Other factors such as stress or carrying a

foal can cause the virus to manifest itself and cause the horse to become sick or worse case, die. Some horses will not appear sick but are actively sheading the virus, this is what causes it to spread.

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The Board of Directors are discussing several activities that you will see unfolding in the next couple of months. If anyone has an idea you'd like to share for an educational or fun riding-related activity, please tell a board member so we can discuss it, too. The activities we have scheduled for the

near future are the Fall Schooling Show at Wind Rush Farm in Lenoir City, the Camping/Trail Ride at Ca-toosa Ridge in November, and the Awards Banquet in January.

Plan to join us!

Rita



Don't forget to visit our web site: www.cdcts.org for show entries and all forms.

CDCTS Meeting September 13, 2011 – Puleo's Grille, Knoxville, TN

Meeting called to order 7:00pm

Attendees: Sallie Hirter, Jean Sullivan, Janet Besanceney, Julie Noe, Rita Dunn, Carol & Charlie Grau, Kathy Ridenour, Sue Cain, Linda Klingerman, Susan Hill, Kate Wooten, Cathy Fox, guest Louise VonClef

The Secretary's report was approved (via August's newsletter).

The Treasurer's report was read and approved.

Old Business

- Fall Schooling Show – At the meeting it was reported that the show was on schedule for 9/24 at Wind Rush Farm. Betty Ortlieb was scheduled to judge the show. Sallie reported on the volunteers for the show and she was working on finalizing the list. (Important Note: THIS SHOW WAS CANCELLED ON 9/18/11 DUE TO AN EHV-1 OUTBREAK IN THE AREA.)
- Trail Ride/Camping Trip – is still being planned for Catoosa Ridge in November. Linda Klingerman sent a check to Catoosa to confirm our reservations. Camping spaces and stalls are still available if you would like to sign up. Contact Sue or Linda for details. The members also talked about organizing games and donating a small amount of money to purchase some fun prizes.
- Awards Banquet – Linda reported on a visit she made to the Bearden Banquet Hall on Kingston Pike which is owned by the Buddy's Bar-B-Que restaurant chain. Her impression was that the facility would be a very suitable location for our banquet. Other locations continued to be discussed and the club will vote soon on a final location for the event in January 2012.
- 2012 Clinic Report – Cathy Fox contacted Sarah Geikie as a possible clinician for next year's clinic and she is interested in coming to our area. Based in Connecticut she is a well know clinician and is willing to give both private and semi-private lessons as requested. The club may subsidize a portion of the clinic fees and dates were discussed with an April 2012 timeframe as being the most desirable. Locations are being reviewed for hosting the clinic and one possibility is Louise VonClef's farm in Maryville. More information will be forthcoming.

New Business

- Newsletter – Kathy Ridenour proposed a change to the newsletter name by incorporating the club logo into the name. It was suggested she work out her design and bring it to the next meeting for review.
- Speakers – Kathy Ridenour also proposed to invite speakers to club meetings from time to time to discuss topics of interest. There was some discussion about whether a forum for speakers would be better suited at events other than the monthly meetings. There will be more discussion on this in future meetings.

The meeting was adjourned at 8:10pm.

FOCUS ON FREESTYLE

“P” is for Presence

Imagine: You’ve worked diligently and every element of your choreography is even and balanced. Your transitions are smooth and seamless. You and your horse know your freestyle music so well, every practice run-through is like a dance, with your horse flowing around the arena like an accomplished figure skater during their “long” program. Yet the judge’s comments on your last freestyle competition were some cryptic version of, “needs more artistry.” What could possibly be missing from this presentation?

Presence. But what does that mean, exactly? For many riders, this concept is not easily

grasped, because it lacks a concrete, logical definition. Some in the entertainment industry call it, “star” quality, or the “it” factor. Others try to define it as, “that little something extra,” the “oomph” or even some academic definition, such as: “the intangible ability to draw others’ positive attention unto oneself; charisma.” Right. But how does all this translate into something you can teach yourself to radiate, all while riding a thousand-pound-plus animal to music and having your mind already chock-full of a hundred details with each and every stride?

Believe it or not, “presence” can be taught. And it

can be learned. So let’s break it down into approachable, understandable elements.

One core element of presence is confidence, and confidence comes from putting in the moments, hours, days, weeks, and years it takes to execute your freestyle’s technical components accurately. Easily distinguishable from arrogance – easily identified by boisterous blustering and sloppiness of execution – confidence is typically quiet, relaxed, and gracious. After all, if you *know* what you’re doing, and *know* you’re doing it well, there is absolutely no need to brag or worry.

You will enter the ring relaxed

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BEWARE OF TICK DISEASE

By Mary L. Brennan DVM

Recently my own horse was diagnosed with *Anaplasma phagocytophila*, a tick borne illness found in the USA and some areas of Europe. I wanted to let others know about it as it is not a disease that is often thought about in the Georgia area and the symptoms can fit many different diseases and problems. My horses' illness was almost discovered too late. It can also affect sheep and cattle, something to keep in mind if your horses share a pasture or these had used your horses pasture in the past. It is spread by the tiny hard tick *Ixodes ricinus* which is usually found on deer and can survive on pasture surfaces for up to a year. Due to the diversity of symptoms and gradual onset (weeks to months) *A phagocytophila* is not commonly tested for except in areas where it has been a known problem. Actually it was not on my list to test for but included in a panel of tests for tick disease, so fortunately the diagnosis was found.

When I contacted the lab to check on prevalence in the north Georgia area they informed me that it is not often checked for so it is unknown, although commonly found in Florida. My horse had spent a week in Wellington in January 2011 so it was a possibility that he could have been exposed

there. As he is big and black and the tick very small the odds I would have noticed it were poor. And each horse's immune system reacts differently to the disease, some younger horses may recover without treatment while other horses show a wide variety of symptoms over a time frame of weeks to months. Classic signs include swelling of the legs, vasculitis, jaundice, and ataxia (uncoordinated movement) which can occur individually or together, reoccur and have long time lapses in between occurrences. My own horse demonstrated some of these signs but separated by several weeks or months and with each occurrence there was another possible cause present. The most consistent sign was stumbling which I attributed to a shoeing issue at first and eventually had an entire lameness workup which also produced possible causes. About that time a behavioral change started, he begin staring in a direction, becoming totally fixated, and difficult to handle but this occurred only occasionally. He also got a small scratch on his side that overnight formed a vasculitis reaction over his entire side. This prompted me to take a blood sample and run routine blood work. The results were scary, very low in all white and red blood cell counts with normal results for kidneys, liver and electrolytes. After a bit of research a variety of tests were sent out to determine the cause. I was shocked by the how low the blood count was since this horse had been in consistent hard work.

Once the diagnosis was made I chose to use oral Doxycycline instead of injectable treatment as a catheter is usually left in place for the duration of the treatment and it would have been difficult to monitor in my horses' situation. Treatment went well, although he did become progressively weak during the first 4 days, gradually recovering his strength over the next two weeks. Once I knew the diagnosis then the various odd symptoms that had occurred over the past few months made sense, like all four legs suddenly swelling occasionally, the odd behavior (the liver is affected and can cause behavioral changes similar to EPM), and the stumbling (probably due to weakness).

One of the main things that helped in this situation was having normal baseline blood work for this horse. I recommend checking blood work at least once a year or every six months if ticks are numerous in your area.

FOCUS ON FREESTYLE continued from page 4

and focused, and it will be evident.

Another element of presence is joy. Not glibness, nor silliness, nor, in some cases, even happiness. Joy is a profound and complex notion, but if you take a moment and get very quiet inside, most riders can recall the first moment they felt genuine joy while sitting on a horse or pony. That amazing, soul-deep feeling of realizing that you, a fragile human, were being supported and carried, *willingly*, by the proportionally huge animal beneath you. WOW!

Remember that feeling? Focus on it for a moment. That is joy. Now that you're well beyond that first ride, and working towards higher and higher riding goals, reclaim that feeling of joy every time your freestyle music starts. It is one

hidden "switch" on the circuit-board of presence, and one that is, sadly, often overlooked, as evidenced by the set jaws and grim looks seen all too often in modern dressage riders as they enter the ring. If you reignite your feeling of joy, your entire being will light up – you will naturally smile, relax your jaw, face, shoulders, and, indeed, every muscle in your body, which will enhance the connectivity between you and your horse's body, and facilitate better communication between the two of you during your ride.

Another element of presence is living 100% in the "now." This can require incredible discipline, to focus *completely and exclusively* on your horse and the dance you two are about to exhibit. From the moment your free-

style music begins, you must drop absolutely *everything* else from your mind – including any family illness or discord, financial woes, or the rude rider you just had to deal with in the warm-up arena. When the music starts, *nothing else matters* until you halt/salute at the end of the ride. Think about this very seriously: for the 5 minutes of your freestyle, you cannot resolve any family dispute, visit anyone who is ill, pay any bills, address the rudeness, or deal with any other aspect of your life that may try to crowd into your thoughts. Let it all go. *Let it all go.* It will still be there after your final halt/salute, and you can deal with it then. But, for the duration of your ride, your entire universe is about one and only one thing: giving your riding partner

Continued on page 12

CDCTS Members attend Debbie McDonald Clinic

DEBBIE MCDONALD CLINIC

September 3-4, 2011

Sallie Hirter, Sue Cain, Susan Hill, and I drove to Alpharetta, Georgia on September 2 to do some shopping at Dover Saddlery and to see the Debbie McDonald Clinic on Saturday and Sunday. Debbie and John Schwartz met us there. Debbie McDonald shared so many pearls of wisdom, it's hard to know where to start. There were 9 riders on very different types of horses. Some were upper level and others were 1st/2nd level. With each and every one, Debbie went back to basics to be sure the horse was round, on the aids, and prompt to do transitions. She was patient and used an encouraging voice which helped both riders and horses

to relax. There was only one time she raised her voice and that was to emphatically stop a rider who was abusing the horse's mouth. She had a number of different ways to approach a single problem.

The thoughts I came away with were:

1. **WORK** in walk while resting....don't just slop around but make the horse keep its energy flowing. In free walk, keep a little feel so you can make adjustments as needed.
2. At the warm up in walk, put in quick reactions. She used leg yielding, shoulder-in, half-pass and rein-backs in quick

succession.



3. She used a lot of RENVÉR to help straighten the horse and to improve the acceptance of the outside rein. She was quick to say that when the horse came to an acceptance of the renver, then get out of it. If the head comes up, the horse is not on the outside rein.
4. When softening the feel on the reins, never open your hand, but simply relax your hold.
5. Going into HALT, tap him to close him up... don't just use the
(cont. pg 7)
reins. At the

8/2011



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Business Card (3.5 x 2)	FREE	\$ 2.50
Classified Ad	FREE	\$ 1 per line

All ads must be paid in full prior to being published in the newsletter. Ads must be sized to specifications, and must be in a useable format (.jpg, .gif, .bmp). Please contact editor for additional information: crossroaddct@bellsouth.net

Clinics: CDCTS hosts mounted and unmounted clinics, symposiums, and educational workshops with well-known equine professionals. Members can participate in CDCTS sponsored clinics for a reduced rate, and are given preference over non-members when space in a clinic is limited.

Schooling Shows: CDCTS hosts 2 schooling shows per year, offering both dressage and combined tests. Members pay a reduced rate for their entry fees.

Newsletter: Each member receives a copy of our monthly newsletter, "The Crossing" by email. Members also may advertise in the newsletter at reduced rates.

Volunteers: To encourage volunteer support, CDCTS offers "Dressage Bucks", a program to reimburse volunteers for their time and efforts.

Year-End Awards: CDCTS offers numerous awards for high scores at schooling and rated shows, plus JR/YR, Adult Amateur, and Open categories. We also have Perpetual High Point Awards for both Dressage and Combined Training. Riders must be CDCTS members, and must have completed a minimum of 4 hours volunteer service for the year in order to be eligible for year end awards.

USDF Benefits: By joining CDCTS, you automatically become a USDF Group Member and receive a USDF Group Membership Card. Group membership allows you to receive the monthly USDF Connection Magazine, earn USDF University Credit, and compete in any USDF recognized show. In addition, USDF Group membership allows you to participate in the USDF Rider's Awards from Training level to Grand Prix, including the Master's Challenge, Bronze, Silver, and Gold Medals. You will also receive member discounts for USDF events.

Advertising Arena

HORSES FOR SALE OR LEASE

Scusami - owned by Crossroads member Kaylen Moon-is for sale. She is a 7 yr. old Trakehner mare-15.3. She was the 2010 Area 3 JBN champion and placed 3rd out of 65 at the 2010 American Eventing Championships. Her dressage test should be on you tube soon. For more info, message me via Facebook.

TRAILERS FOR SALE OR LEASE

Trailer for rent— 1997 Trailet 2 Horse Bumper Hitch w/ tack room. Low mileage and well maintained, excellent floor with rubber mats, rear ramp. This is a safe trailer, fully enclosed w/ good ventilation. \$60.00 per day, insurance confirmation required. Contact Melissa Feinbaum 865-604-8525 or email mfeinbaum@mfrecruiting.com

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SADDLES FOR SALE

County Connection 18" W dressage saddle \$2250. Bought new in 2008, Excellent condition, new billets last August and flocked at that time. 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 trot and maintain position. Very comfortable soft and supple leather. Lauren Irwin 423-304-4143 or email ljipook@yahoo.com



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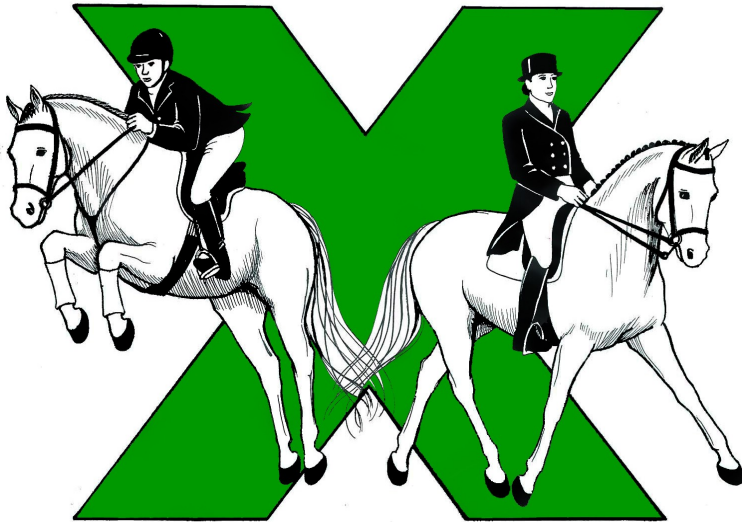
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October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 <i>CDCTS Meeting 7 PM</i>	12	13	14	15 <i>Cathy Fox Clinic</i>
16 <i>Cathy Fox Clinic</i>	17	18	19	20	21 <i>Gigi Nutter Clinic</i>	22 <i>Gigi Nutter Clinic</i>
23	24	25	26	27	28	29 <i>Merry Hour Schooling Show</i>
30	31					

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 <i>CDCTS Meeting 7PM Puleo's</i>	9	10	11 <i>CDCTS Camping Trip</i>	12 <i>CDCTS Camping trip</i>
13 <i>CDCTS Camping Trip</i>	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



*CROSSROADS
DRESSAGE
AND
COMBINED TRAINING
SOCIETY*

Kathy Ridenour, Editor
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EDITOR'S NOTES

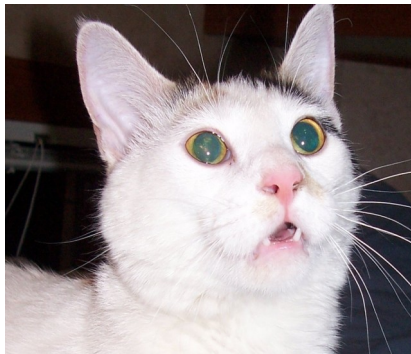
Unfortunately, we have lost a schooling show for the year with the cancelling of our Fall Show. If you are worried about schooling show year end points, you still have the Merry Hour Farm Fall Schooling Show Oct. 29. Carol Grau has prize lists, contact her via telephone.

I am anxiously waiting for the CDCTS camping trip in November. It should be a great weekend with good weather, great friends, horses, and fun. There are still camping spots available.

Still to come for the year is our December Christmas meeting which is always a great time.

Then the Annual Awards Banquet comes the end of January. Hard to believe the year is almost over.

I hope you find all the articles informative this month. I continue to search for informative articles to bring to you.



absolutely every part of you. Anything less is unworthy and disrespectful to your horse. And your pure focus will greatly enhance the presence you bring into the show ring.

The other core element of presence is desire. Not the desire to win. Nor the desire to ride better than anyone else. Nor even the desire to ride better than your own last ride. The type of desire that adds to one's presence is the desire that translates simply into, "I *want* to." You desire to ride a freestyle with your horse simply because you *want* to. You want to dance with your horse. You want to feel that connectedness that only happens when one human and one equine pair up to experience the glorious feeling of moving together to music.

Confidence. Joy. Focus. Desire. These elements combine to produce that elusive concept known as "Presence." Judges can see it. Audiences can sense it. Your horse will *feel* it, and, in reflection of *your* "presence," your horse will also express confidence, joy, focus, and desire, and *that*, dear readers, is what elevates an excellent horse to greatness.



(continued from page 2)

Signs of the disease are similar to many other diseases, fever, cough, nasal discharge, abortion, and imbalance of head or tail. The virus is spread via bodily fluids but it is not hardy and will die after about 7 days. The incubation time is 1-10 days after a horse has come into contact with a horse shedding the virus. A nasal swab or blood test is used to diagnose the disease.

The best way to stop the spreading of the virus is good

hygiene. Wash and sanitize buckets, (one part chlorine bleach to 10 parts water) brushes, and other items that come in contact with your horse. Wash your hands after working with one horse before beginning with another. Try to avoid horses touching noses. Do not let your horses drink from water troughs where other horses have drank. And of course, good vaccination practices on your own farm will help keep your horses safe. Your veterinarian is your best source for information of what you can do to keep your horse

safe.

UT Vet. Hospital has had NO new cases as of 9/30. The herd the sick horse came from has other sick horses that have been treated for the disease but all are expected to survive. The outbreak has been contained to the original farm and UT Vet Hospital so it is hoped there will be no new cases in the future. Although there have been several rumors out there about the spread of the disease, the best source of information would be to call UT Vet Hospital or check with your local vet.

halt take his head left and right until he isn't

hanging....this is for schooling purposes only.

6. **FLYING CHANGES:** She said if you don't feel the energy for piaffe, then the changes won't be there. If you have a horse that is chronically late behind, do correct, quick walk-canter transitions with immediate responses.

7. **HALF HALTS:** She did not use the words half halt, but rather said "... wait....and keep going". That made the half halts much softer and more effective because it didn't disrupt

the flow of movement.

One adult amateur rider was on a large warm-blood gelding that became quite belligerent. After Debbie tried different approaches to deal with his attitude, the horse began rearing and going backward. He literally cleared the auditors sitting ringside. Sallie and I uncrossed our legs and began moving away as if we were only one person! Debbie put the horse on the lunge line but kept him in a circle near her and worked to get the horse's respect by moving him away from her. The next day, the trainer rode the horse and initially met with the same resistance. I decided she had super glue on the seat of her breeches! There was some success late in the lesson, but Debbie's emphatic recommendation was that the horse be checked for ul-

cers and other sources of pain.

The highlight rides of the clinic came from Gigi Nutter (who has been giving clinics at Susan Hill's Topperhill Farm in Lenoir City). Gigi was riding her KWPN gelding, Vincere (Vinny), that she has raised and trained herself. Debbie was most complementary of the pair, saying that he would get 9's for both trot and canter. Gigi was able to show what wonderful changes and pirouettes and extensions should look like. They are showing currently at 4th level. Debbie's comment was that the horse had unlimited talent and that all of his training was correct.

On Saturday evening, auditors and competitors had dinner at Lisa and John Seger's lovely home. Debbie freely talked and

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answered questions for the whole evening. She was very warm and down to earth. I had a chance to talk at length with Karen McGoldrick who is a fellow USDF instructor and who wrote the just released DRESSAGE CHRONICLES, a fictional book about the dressage world. I also met Gil Merrick who was the former USEF High Performance Dressage Director.

We made new friends, learned a lot, and came home charged with enthusiasm to see if we could impart some of our new knowledge to our own horses. We all agreed that it was a wonderful weekend.

Rita