



## **JANUARY/FEBRUARY NEWSLETTER – 2013**

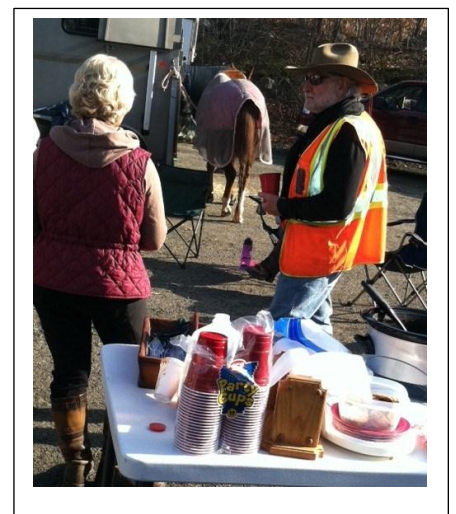
Dear Friends

Happy New Year! I hope everybody had a wonderful and healthy holiday season. I, for one, need to stop eating and get moving!

The New Year means it's membership renewal time, Sue has included a renewal form at the end of this newsletter and Genie is pleading for everyone to get their renewals in early—it's so much easier for recordkeeping. **AND THANK YOU TO EVERYONE WHO RENEWED AT THE HOLIDAY PARTY!!!!**

Here's a taste of what we've been doing:

The Annual Chili Ride on November 18 at Chatfield Hollow hosted by Sue Davenport and Emmy Pavelka was well-attended as usual. Perfect weather was again ordered up and delivered. About 16-20 riders (I didn't count) in 3 or 4 groups did the loop and afterward it was pleasant to sit in the sun, eat chili and desserts, swap recipes, talk about Equine Affaire (and other equine affairs), and just generally visit.

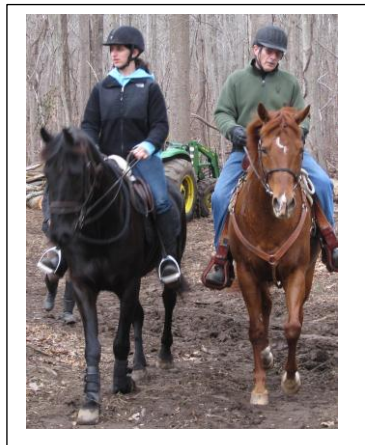
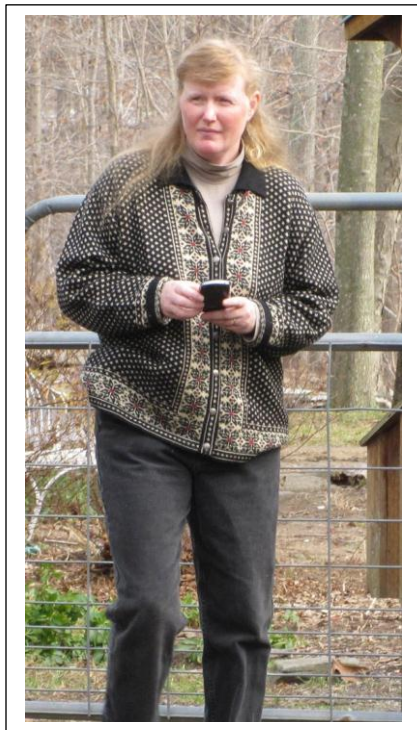


A note about MO rides: These monthly rides have gotten more popular and are attracting larger turnouts. We try to break up into smaller groups but we don't always have enough leaders who are familiar with the route or area. Not all of our members have the same level of experience. If you have a special need please speak up about it (my horse, Homes, for example, always bucks if he's left behind—not pleasant for me). We will try to begin each ride with a brief meeting before we break up. Please be courteous and take care of your riding buddies. Ask if everybody is ready to trot or canter

and wait for a response before dashing off. Most of all--BE SAFE. Pass slowly; be polite when you encounter other trail users. Sue has put a review of Trail Etiquette elsewhere in this newsletter.

The board of directors has continued to meet and work on the issue of the IRS's temporary suspension of the Bridle Path Conservancy's 501c3 status. We updated the BPC bylaws and came up with a new slate of officers and directors. The new BPC board consists of Trish Panico (president), Kristin Elliott Leas (vice-president), Marlisa Simonson (secretary) [Marlisa is Chuck Sharples wife], Dave Beaudette (treasurer), Roger Ferraro (at-large), and Don Hazuka (at-large) [Don is a CT-NEMBA trail ambassador and we are happy to have a non-equestrian point of view]. I am so pleased to have this enthusiastic team leading our "trail committee" and helping it grow into its next phase. I imagine it's a bit like watching your teenager leave the house for college. I keep saying if you need anything just ask me (sure Mom). With Kristin going to the BPC board we do have an opening on the LCRVHC board to finish out her term. If planning activities for the club is something you'd be interested in please contact me, or any LCRVHC board member. The LCRVHC board is currently comprised of Melissa Evarts (president), Peg Lupone (vice-president), Genie Dethloff (secretary), Lynda Perry (treasurer), Chuck Sharples (at-large), and Shirley Tirrell (at-large). We are supposed to have one board member for each ten members so with 70 plus members we could use one or two more enthusiastic, creative, or energetic individuals.

The December 2 Christmas Progressive ride was a really fun day.



#### **Thanks to Howard Tunick for Progressive Ride pics**

Joe Secondino picked up me and Homes and Alyce and Doolin at about 9 am. We went to the home of Dave Beaudette and Julie Berman where we parked and had a delicious breakfast in their lovely home before tacking up and riding out. We rode for about an hour and a half in Weber Woods before arriving at Kristin Elliott Leas and Mark Leas house for lunch. The horses were left in pens or tied with hay to munch while we went inside for another feast. The house was decorated to the max with a huge Christmas tree at center stage. When we were stuffed we headed out to mount up again and off to Gina and Dick McManus's house for dessert and more socializing. Then ride back to Dave and Julie's; and home by 4 pm or so. I'm not sure how many participated. I'd guess about 20 riders, some only rode one leg, others joined by car. Thanks to all the hosts and organizers. The Elliott/Leas and Beaudette/Berman hosts have already said they want to host it again next year!

Hope to see you soon.

*Melissa*

## *Upcoming Events*

We are working on the 2013 calendar, stay tuned for more!

**February 3:** MO Ride Bluff Point, contact Lynda Perry ([cymaronfarm@snet.net](mailto:cymaronfarm@snet.net))

**February 7:** LCRVHC BOD meeting, 7 pm, Kristin' Elliott Leas house, 131 Pritchett Drive, Westbrook

**February 10:** (weather permitting) LCRVHC/BPC work party, 9 am, Weber Woods trail maintenance: chainsaw tree on orange/red trail, brush hog Ginger's Field

**February 28:** General Meeting, movie night at Genie Dethloff's house, 31 Overlook Farms, Killingworth

**March 7:** LCRVHC BOD meeting, location TBA

**March 10:** MO Ride, Hammonasset, contact Lynda Perry ([cymaronfarm@snet.net](mailto:cymaronfarm@snet.net))

**March 17:** (weather permitting) LCRVHC/BPC work party, 9 am, 98 Stevenstown Rd, Deep River. Work on entry from possible new hunter pace venue to Weber Woods.

**March 28:** General meeting, Lara Gardner, Equine Acupuncture

**April 25:** Equine Massage with MaryAnne Daniel at Sue Davenport's barn

## *Other proposed programs*

Equine liability

Photographing horses

Trailer maintenance, safety, and backing

Being safe in the woods during hunting season

Lameness issues

## **TRAIL ETIQUETTE**

Our Members Only Rides (MOR) is one of the many "best" parts of being a member of LCRVHC. Some of the rides are so popular; we divide up into groups that are dictated by the speed that will be ridden, for example, walk-trot, or trot-canter, etc. On some less attended rides, we ride out in one group, and in this situation we follow the rule of riding to the slowest rider. If you know the trails, and want to gallop off, that's fine. But if you are going to stay with the group (herd animals remember), galloping off may not be an option without some planning.

On the Chili Ride (November) in Chatfield Hollow, we have the opportunity to cross paths with other groups. And sometimes exchanges are made – somebody's horse is hotter than they anticipated and a slower group can take a slower person. But often we don't cross paths or we remain in one group and that's when some problems arise. We are always getting new members, and sometimes they are not experienced trail riders and a bit nervous (understandable). So the Club's policy is that faster riders not gallop/canter past the group. Ride up at the pace they are going, walk or trot, and tell the group you are going to the lead and cantering off. Sometimes by cantering past a slower group, you inadvertently leave bucking horses in your wake.

It's important that all of our members have safe and fun rides.  
And that can so easily happen with just a few simple rules.



## **TACK TALK**



[www.mullerscarts.com](http://www.mullerscarts.com)

### **Melissa says:**

When I had my broken arm I couldn't use a regular wheelbarrow. I had seen a review of the Muller's SmartCart in the Horse Journal. It was expensive but I was going through a wheelbarrow every year or two, rotting through metal, cracking plastic, flat tires, broken handle, etc. and all components on this cart are replaceable. It comes with a lifetime warranty on the frame and a 5-year warranty on the tub. It will hold 600 pounds. Plus I can pull it with one hand, or, if we really freight it up, Alyce and I can pull it together.

It's easy to dump (though not quite as easy as a wheelbarrow) and easy to clean. We've had it 2 1/2 years with virtually no wear. And sometimes you can find it cheaper.



## Meet the Member – Kristin Elliott Leas

### Edited by Mark Leas



Kristin Elliott Leas and her husband of 15 years, Mark, live in the northern part of Westbrook. They built their house by deconstructing board by board an old house built in 1780's. They moved it to the current location and rebuilt using much of the old beams. It is a hybrid of old and new, what could not be salvaged was then created by cutting down oak trees from Kristin's parent's 80 acre farm next door. It has the character of an old house and the modern conveniences that the old house was not originally built with like electricity, insulation and plumbing. You can see the house at some of the meetings or club rides that they generously host since the open floor plan provides a perfect place for large gatherings.

Kristin was hooked on riding at an early age. At age 3, she would ride when her mom was cooling out her horse. At age 4, she got her first Shetland pony with a real "pony" attitude. She would often have to hold on tight as he would beeline off to the barn. The determination needed to ride that pony helped to develop a strong natural riding balance that came in handy when she later started to train the young Thoroughbred horses her mom was breeding. Moving on to some local hunt seat horse shows as a kid, she then joined pony club and started eventing. Kristin has been a member of the LCRVHC club since the early 1980s. At that time, the club was hosting competitive 25 mile rides. The conditioning necessary for eventing led naturally into riding one of the home breeds in several of the rides.



Taking two of her horses to college at Penn State, she continued to compete at the preliminary eventing level as well as the intercollegiate hunt seat team.

Upon graduating with a BS in Animal Science and then working on her masters in Animal Assisted Therapy, she returned to Connecticut.

She then worked at High Hopes Therapeutic Riding as the Barn Manager for 10 years managing and training the 26 horse herd.



Kristin now owns her own business, Equine Insight LLC. As an equine specialist and traveling instructor and trainer, she helps people to better understand their horses through natural horsemanship and helps her rider's progress with their individual goals. Although she has some clients who are eventing competitively, she gives as much attention to those just starting out or those who just want to be safe and comfortable with their horse. She has a far reaching reputation for loading difficult horses in trailers and her desensitizing clinic including techniques that she used when training horses to be tolerant therapy horses.



Growing up with as many as 10 horses, dogs, cats and chickens, Kristin understands how difficult it is for a family to go away with animals at home. An important part of her business is "Peace of Mind" pet and house sitting. Many people in the area have horses in their back yards. Having someone reliable with the knowledge to care for your animals enables you go away and not worry that something goes unnoticed.

You can often see her in the competition ring or on the trail setting a hunter pace time or doing trail maintenance. She is involved with many nonprofit organizations. She is a long time LCRVHC member and past president and a founding member of the Bridle Path Conservancy. Recently she served on the board of CT Dressage and Combined Training Assoc., has organized the Lord Creek Farm horse trials for 12 years and is current president of the Westbrook Land Conservation Trust. Kristin believes in getting involved with what is important to you, don't just sit around and wait for someone else to do the work.







Lower Connecticut  
River Valley Horsemen's Club

Please fill in all information and sign and date the  
Release and Waiver of Liability.  
Mail completed page along with your payment to:  
LCRVHC, P.O. Box 657, Killingworth, CT 06419

### 2013 Membership Categories

☐ Family \$25    ☐ Individual \$15

office use: Check amt. \$    #

- ☐ Enclosed is an additional amount of \$ \_\_\_\_\_ for our ongoing work to maintain and preserve trails.
- ☐ Enclosed is a separate check to the Bridle Path Conservancy in the amount of \$ \_\_\_\_\_ (tax deductible).
- ☐ Please contact me for volunteer help! (This is a working club and all members are encouraged to volunteer for committee chairs, trail maintenance, events organizing help and/or food donations.)

Name(s) \_\_\_\_\_

(For family memberships please include all names; use a separate sheet if necessary)

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Telephone (home) (\_\_\_\_) \_\_\_\_\_ (cell) (\_\_\_\_) \_\_\_\_\_ (work) (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_ New Member ☐ Renewal ☐

### Release and Waiver of Liability

By signing this release and waiver, I understand that I am giving up (waiving or releasing) any right I have to sue or make any claim which I might have or which might subsequently arise or occur against the Lower Connecticut River Valley Horsemen's Club, Inc. (hereafter referred to as LCRVHC), including but not limited to, the officers, members, participants, and landowners; for any injuries which I might sustain while horseback riding, driving, or attending/participating in any LCRVHC event or activity. I understand that I am indemnifying (holding harmless) any horse ridden, driven, loose, or handled by another and the owner or handler while so engaged in the event of an injury to myself, my property and/or others. It is my intent to give up all the rights provided by law and release the club, landowners, etc. (the releasees) from all claims for bodily injury, death, or property damage, including without limitation, claims arising in whole or in part from the releasees' own negligence. I do so knowingly and voluntarily. I further agree to pay all legal fees pertaining to this event, if any are incurred.

LCRVHC is committed to safety. It is a membership requirement that all participants wear a riding helmet meeting ASTM/SEI standards when attending mounted meetings and events.

### For Club Membership:

Signature of primary member \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/\_\_\_\_  
(If a minor, a parent or legal guardian must sign)

Signature of Spouse \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/\_\_\_\_  
(for family membership, parent of minor child of divorced member, etc.)

### For Taking Part in an Event:

Signature of primary member \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/\_\_\_\_  
(If a minor, a parent or legal guardian must sign)

### Everyone must complete:

Emergency contact information

Name(s) \_\_\_\_\_ Telephone(s) (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
\_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_