

March 20 and April
Newsletter 2014



Dear Friends

Spring is coming! I keep telling myself that though there is still a mess of snow and ice in our ring and it feels like winter is dragging on. I can see some daffodils trying to come up under my dining room window, so I have faith!

Important reminder: Membership renewal time is here! Actually, if you don't renew by the end of March you risk being dropped from the e-mail blasts and you don't want to miss out on any of the fun, educational, and delicious activities we have planned!

It has been a long winter and we've had to cancel or postpone some outdoor activities due to the terrible footing so my report should be brief this month. One activity that was not interrupted was the annual holiday party on January 18. Hosted, once again, by Sue Davenport, a capacity crowd gathered for lots of good food and socializing. Thanks to Sue for hosting and cleaning up, and thanks to everyone who got your membership renewals in early!

On January 20 several of us attended the Westbrook Land Conservation Trust's annual meeting where Felicia Ortner from the CT DEEP's Master Wildlife Conservationist Program presented a fascinating program about the black bears in Connecticut.

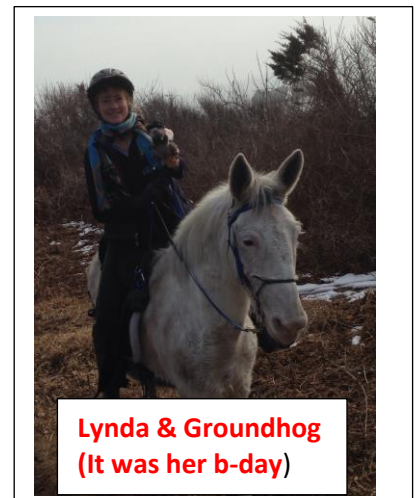
The February 2 Member-only ride at Bluff Point was led by Lynda Perry on Sparkles the mule. It was Lynda's birthday and groundhog day. In addition to Lynda, Howard Tunic, Ruth Strontzer, Robin Marrotte, Joe Secondino, and Sue Davenport enjoyed the ride.



Sparkles



Emma and Sparkle



**Lynda & Groundhog
(It was her b-day)**

On February 20 LCRVHC members who are also CHC-VHP members gathered for CPR recertification at Lynda Perry's house. (Anyone who is interested in joining the Connecticut Horse Council Volunteer Horse Patrol please check out the website [cthorsecouncil.org]. The CHC-VHP annual meeting is Sunday, March 30, from 10 to 2 at Company 1 Firehouse, 1485 Main Street, Newington, CT 06111. **R.S.V.P. appreciated by March 16th**. Meg Sautter mmsautter@att.net). Potluck

lunch and raffle. There is an open house for new and interested members before the meeting at 9 am.

We were back at Sue's for the February 27 general meeting where following a brief meeting, we enjoyed a slide show of Sue's last riding vacation from Argentina to Chile. There were a lot of laughs and quite a bit of admiration for Sue's bravery in going on these rides alone.

John Barthelein offered to help out with the web site. Thank you John.

On March 6 the combined boards of the LCRVHC and BPC met at Kristin's house to try to accomplish some of the business of the organizations. Genie and Jenna have been working on the LCRVHC web site and wanted a "mission statement" for LCRVHC. Here's what we came up with:

The Lower Connecticut River Valley Horsemen's Club is a group of riders from a variety of disciplines united by a common love of horses. We enjoy riding whether on the trails or in the arena, meeting to socialize and learn, and volunteering our time to develop and maintain trails.

We also worked on ways to spread the word about the BPC and celebrate the 10th anniversary of LCRVHC's sister organization. Look for upcoming events!

Watch for the rollout of the newly revamped LCRVHC.org website to come soon!

Upcoming Events (see the calendar for a more complete listing)

The March 23 Member-only Ride will be at Bittner Park, in Guilford, footing permitting. Please contact Melissa (Melissa.evarts@globepequot.com) to RSVP and get time and parking information.

For the March 27 general meeting Fred Mastele from the CHC will give us an update about the "vicious horse" case and pending legislation related to it. The meeting will be at the Fire Museum. Please bring your membership renewals!

On Saturday, April 5, Chuck Sharples and Marlisa Simonson will have a table at the Clinton Chamber of Commerce Business Expo to promote the LCRVHC and BPC. Please stop by and support them.

The April MO Ride is tentatively scheduled for Machimoodus, contact Lynda to RSVP.

The April 24 general meeting will be held at the Fire Museum. Mary Gonzalez will give a program on Equine Muscle Massage Therapy.

On May 3 Trish Panico will be promoting the BPC at the Horse Power Farm Cross Country Derby. Contact Trish for details.

The May 11 MO ride is tentatively scheduled for Pattaconk, contact Lynda to RSVP.

On May 18 we have a LCRVHC/BPC work party scheduled on the Quinimay Trail at Tower Hill. Please come and help. RSVP to Chuck (charlesssharples@sbcglobal.net)

The May 25 general meeting sounds like it will be a lot of fun--and something different. Many of us have dogs as well as horses so, with the police dog demonstration being one of the most popular recent programs, we've arranged another dog activity. We will meet at Larkins Run, 591 Madison Rd., Durham for a demonstration of dog agility. Some of our board members will be bringing their dogs to try out this sport!

And as usual, we will be teaming up with Connecticut Forests & Parks and CT-NEMBA for National Trails Day on June 7. We will be working on the purple trail where we were in 2012. Work will include finishing the reroute, clipping and clearing, and reblazing. We will also host a trail ride. Ride leader: Frank Kulick, Potluck picnic follows the work and ride. LCRVHC will provide hot dogs. RSVP: Lynda Perry (cymaronfarm@snet.net); picnic hosts: Bill and Kathy Schuyler; Work party contact: Melissa Evarts (Melissa.evarts@globepequot.com)

We have lots more planned for 2014, see the calendar for listings. If you have ideas please contact any board member! Please participate!

Thanks, and hope to see you soon

Melissa

LCRVHC/BPC 2014 Calendar

Note: Calendar entries may not be confirmed at this time, especially for fall. If you are interested in hosting a MO ride please contact Lynda. If you have an idea for a program or activity please contact Melissa (Melissa.evarts@globepequot.com) or any board member. All meetings are at the Fire Museum behind 21 Copse Road, Madison, unless otherwise specified.

April

- 3: BOD Meeting, 7 pm, if needed, location TBD
- 5: Clinton Chamber of Commerce Business Expo, LCRVHC/BPC promotion
- 13: MO Ride Machimoodus, contact Lynda Perry (cymaronfarm@snet.net) Palm Sunday
- 20: Easter
- ___: LCRVHC/BPC Work Party,
- 24: General Meeting, program, Mary Gonzalez, Equine Muscle Massage Therapy

May

- 1: BOD Meeting, 7 pm, if needed, location TBD
- 3: BPC sponsoring Horse Power Farm's Cross Country Derby
- 11: MO Ride Pattaconk, contact Lynda Perry (cymaronfarm@snet.net) Mother's Day
- 18: LCRVHC/BPC Work Party, Quinimay Trail at Tower Hill, tractor work party
- 22: General Meeting, program Dog Agility at Larkin's Run, Durham

June

- 5: BOD Meeting, 7 pm, if needed, location TBA
- 7: National Trails Day, Purple Trail, Cockaponsett, ride leader: Frank Kulick, RSVP: Lynda Perry (cymaronfarm@snet.net); picnic hosts: Bill and Kathy Schuyler; Work party contact: Melissa Evarts (Melissa.evarts@globepequot.com)
- 15: MO Ride CLCT Kenilworth Forest, Park and Breakfast at Melissa's Rough Draft Farm, contact Lynda Perry (cymaronfarm@snet.net) Father's Day
- 26: General Meeting, Rough Draft Farm, 24 River Road, Clinton. Natural Horsemanship, Kristin Elliott Leas

July

- No BOD Meeting unless needed
- 6: MO Ride Hurd Park contact Lynda Perry (cymaronfarm@snet.net)
- No General Meeting
- 24: Summer picnic, Sue Davenport's house, Silent Auction back by popular demand!, RSVP to Sue (s1davenport@comcast.net, for auction items, Kristin (equineinsight@gmail.com)

August

7: BOD Meeting, 7 pm, if needed, location TBA

17: MO Ride Patchaug, contact Lynda Perry (cymaronfarm@snet.net)

___: Lord Creek Horse Trials

___: LCRVHC/BPC Work Party

24: BPC Barbecue Ride on the Quinimay Trail

28: General Meeting, program (tentative-saddle fitting?)

September

4: BOD Meeting, 7 pm, if needed, location TBA

___: LCRVHC/BPC Work Party

___: Lord Creek Hunter Pace

25: General Meeting, program _____

28: MO Ride Escoheag, contact Lynda Perry (cymaronfarm@snet.net)

October

2: BOD Meeting, 7 pm, location TBA

19: MO Ride Weber Woods, Clip & Ride and Mark Hunter Pace route, contact Lynda Perry (cymaronfarm@snet.net)

___: LCRVHC/BPC Work Party

23: General Meeting, program _____

26 (or November 2?): Hunter Pace

November

No BOD Meeting

No General Meeting, Happy Thanksgiving

6-9: Equine Affair

___: LCRVHC/BPC Work Party

9: MO Ride, Chatfield Hollow, Chili Ride, hosts Sue Davenport and Emmy Pavelka (RSVP S1Davenport@comcast.net)

December

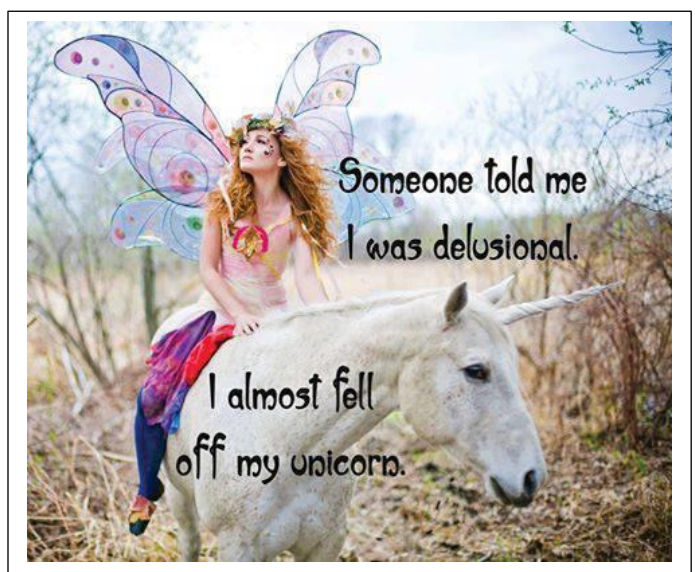
No BOD Meeting

No General Meeting, Merry Christmas and Happy New Year

___: Christmas Progressive Ride,

January

17: LCRVHC Holiday Party, Sue Davenport's



Weekend Clinic with Regan Golob on March 29 & 30

\$125

(\$100 if paid by February 29)

Ray of Light Farm

232 Town St., East Haddam
CT

Saturday, March 29 from 9-4

Sunday, March 30 from 9-1



Proceeds from the clinic will
go to Ray of Light Farm
Rescue



Pack a lunch and
Come learn from Regan

- * *How our environment affects us and our horses*
- * *Nutritional, emotional and structural imbalances*
- * *Eliminating energy blocks*
- * *Common feeding mistakes and better options*

Your hosts will be Dynamite Director, Bonnie Buongiorne & Bronze Director, Scott Lesinski

About Regan

Dr. Regan Golob is a lifelong horseman who grew up on a cattle ranch in the Yakima Valley of Washington state. His horse experience includes working ranch horses, breeding and training race horses and training with Ray Hunt

After being paralyzed by a pinched spinal cord while playing high school sports, he was introduced to chiropractic. He was assisted back to total health, an experience which led him to pursue a lifelong dream of being a healer.

Regan received a Bachelors degree in Biology from St. Ambrose College in Davenport, Iowa and his doctorate from Palmer College of Chiropractic in 1980. He has had extensive training in acupuncture, cranial sacral therapy, herbology with Dr. Christopher and nutrition with Dr. M.T. Morter, Jr.

Regan travels extensively around the country working and training horses, and conducting seminars in human and equine health maintenance. He will be teaching the techniques he's spent over 20 years developing and perfecting. He combines acupressure, chiropractic, reflex points, applied kinesiology, B.E.A.T. TM, defense physiology and other modalities into a powerful system that frees up the body and allows it to heal itself.

In this class you will learn how to energetically test yourself and your horse for common imbalances including: parasite infestation, liver congestion, peptic ulcers, thyroid issues, vitamin and minerals deficiencies and much much more....

Dr Regan Golob BA., DC.

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Introduction to Rider Biomechanics



Kelly Sigler, 3 Star Parelli Professional

Intro to Biomechanics is the perfect course to give you a good foundation in **Rider Biomechanics**. The course will be taught by Colleen Kelly's protégé, **Kelly Sigler**, who is also a 3 Star Licensed Parelli Professional. Kelly trained under **Colleen Kelly**, one of the top innovators in the field of **Rider Biomechanics** who developed rider tests used in training police mounted units.

Kelly is now **NOW** her most highly certified instructor in the US (and Canada). This **Rider Biomechanics Clinic** is a must for anyone who wants to get better balance, seat and posture. **Rider Biomechanics** is the mechanics of how the body moves. Be it human, horse or other animal, we all move in a mechanical way which can be tested, trained and improved. In **Rider Biomechanics**, we don't just look at **MOVEMENT**, we look at **WHY** things happen. It's not just "look up and get your heels down", but **WHY** did your heels come up in the first place? It looks at your spine and anatomy, to make sure you're sitting in a strong, safe and more effective position. **Rider Biomechanics** will help you improve performance and get the competitive edge for the more advanced rider and the beginner will come away stronger and safer on the horse. Learn to prevent injury in human and horse, while rehabilitating injuries you already have to help you ride pain-free.

For the **Advanced Rider**, this course will teach how to do lateral movements with ease and as well as help develop more athleticism in your horses by building foundation for more advanced dressage moves.

DATE:
August 17/18th

SAT/SUN-8:30-12:00
SAT/SUN-1-4:00
ROUND STONE FARM:
87 Clark Hill RD East
Hampton CT 06424

For info Contact:

MARILYN ALLATIN
Email: msabbey@att.net
860-539-4281(cell)
860-267-0095(H)

Offering:
BIOMECHANICS
CLINIC AND PUTTING
IT TO PURPOSE IN
DRESSAGE AND
WESTERN DRESSAGE

Clinic Cost: \$350 per person, per two day session either am/pm

Audit: \$30 for the two day session

Lunch: Brown bag your lunch, light refreshments/snacks both days provided.

****PUTTING IT TO PURPOSE ON DAY2 WITH DRESSAGE IN AN ENGLISH OR WESTERN SADDLE****



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

2014 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) (____) _____ (____) _____
_____ (____) _____ (____) _____

