

Contact EIDEA

February / March 2012 • Eastern Iowa Dressage & Eventing Association • www.mwnet.com/eidea • eidea@mwnet.com

EIDEA is a Charter Group Member Organization of the United States Dressage Federation. Our members are automatically USDF Group Members. For USDF Participating Membership, members must apply directly to the USDF. Visit them at USDF.org for information.

2012 Kirkwood Tack Swap Meet

Another fun year at the Swap Meet. The Kirkwood arena was packed with overflow in the warm-up arena. I would also have to say this was a record crowd. There were tons of smiles and plenty of familiar faces. Again we received several compliments on our booth saying that it was the best looking booth in the place.

I would like to thank Megan Ward, Carole Gauger, Pat Dudek, Pat Allard, Laura Murphy and Judy Nauseef for getting their tack to the swap meet. Thanks to Barb Hall for swinging by and snapping a couple of photos. I also have to thank my wife, Linda, for making some outstanding chocolate chip cookies with extra ghirardelli chocolate chips to hand out to passer-buyers.

We moved a bunch of stuff: Saddle pads, riding boots, helmets, cribbing collars, old saddles, new saddles, fly masks, cool down sheet, winter blankets, breeches, gloves, some thingamajigs and whatchamacallits. Some items were brand new while others were very and old and very nice like Pat Allard's hand carved leather canteen.

The highlight for me was watching the pro "Carole" work her magic. Not quite sure but I believe she got her asking price for most of the items she sold. I tried talking her down on a nice dressage whip and she didn't budge an inch. She did throw in the carrying case which looked like a heavy duty Christmas wrapping paper roll so I felt pretty good about the deal in the end. I am sure most people felt that bought something from her felt as they walked away. All kidding aside Carole had some good tack at very reasonable prices. The smile she carried through the day was priceless.

Megan had a good day, she sold about half of her jun—stuff. Even moved some items that didn't get a glance the year before. Megan also did a great job monitoring the booth so I could stroll around and find a few deals myself. I found a nice little youth Wintec saddle, stirrup turners and some John Lyons books that I just had to have, even though I have a copy the price was too incredible to pass up. Megan also did a great job of promoting the club by making sure everyone received a shopping bag with a couple of recent

newsletters and an EIDEA application form in them. What a marketer Megan, good job.

In addition the sales and booth fees we had several donated items that helped pay for the booth and put a little extra money back in the strong box.

Last but not least I know that many of you have extra tack in your trailers, garage, tack room, basement etc. that wants a new home. If you would care to donate any of it to the club don't wait until the last minute to dig it out, make a pile as you go through it this summer. Get it to me and I will hold on to it until the next swap meet and take it to the sale. We can make next year's sale even bigger and better than this year's.

Thank you,
James Sturgeon



One booth sold puppies. Congrats LisaMarie!

EIDEA Supporting Local Shows

It has been a tradition for EIDEA to support local schooling shows / mini events that our members are involved with. Please help promote, attend and or volunteer at the April 21-22, June 2 & 3 and September 22 & 23 Dressage and Combined Training Shows run by member, Chris Gutierrez and held at Wind's Reach (owned by member Bill Coester). Please wear EIDEA logo gear whenever and where-ever you volunteer. To find out about volunteer needs, contact show manager Chris Gutierrez - garysite@dybb.com or call 319-389-7395

EIDEA is seeking donations of gifts to use for awards for awards at local shows. Awards committee chair, Deb Levine will be putting together gift bags. She will collect items at our EIDEA meetings. The Awards committee will need someone to present the EIDEA awards at the shows. Please volunteer if you know you are attending!

A Deeper Connection with Your Horse

by Dr. Freya Q. Schafer, PhD

“What do I want for my relationship with my horse this year? And how do I get there?” are questions we ask yearly.

One of the most desired goals for riders is to find unity with their horse; that deep connection that allows you to dance in harmony together. How do you get there?

1. When you create a goal you want to get clear about what you really want. For example, I want to understand my horse better, I want to be more deeply connected with my horse, I want to create a partnership where my horse can read my thoughts.
2. How would reaching your goal look and feel like? The better you can see and feel your goal (unity/connection) the better you can find ways to reach it.
3. Next you want to ask yourself: What concrete steps do I need to take to reach this goal.

For example if your goal is to create a deeper connection with your horse you want to look at the different components that are involved in this relationship:

The partnership between you and your horse has three components: your horse, you and the two of you together. All parts need to come into balance to create unity.

The horse: In general we ask our horse to listen to us. We request the horse to do certain things and expect the horse to perform perfectly every time. The horse is in general a willing partner and loves to be in unity too. It does its best to find the right answers to our requests.

If we want to be more connected with our horse we need to make sure that this partnership is not one-sided and that we also listen to our horse. When we listen deeply and patiently we can identify the moment the horse offers the right answer and reward the horse.

Horses naturally look for leadership. Your horse is willing to trust and follow you if you prove yourself as a calm, patient, confident, consistent, non-confrontational leader. The horse gives you an opportunity to explore your inner strengths and be authentic. This is the gift of personal growth your horse offers to you.

The rider and horse handler: When we think of what the rider has to bring to the partnership we often focus on refining our physical abilities such as riding aids, seat... But if we want to create unity with our horse there is more we need to bring to this partnership. Unity is developed from the inside out and requires personal growth from us.

Horses are prey animals whose survival depends on reading the emotional and mental state of all the beings in its environment. Your horse reads your emotional and mental state all the time. Thus, clearing your emotional and mental body is essential to reduce the background noise in your communication and prevent confusion for the horse.



Enhanced body awareness helps you to provide your horse with clear body language. Learning to scan your body for tension will help you to relax and open yourself to the horse's movements so that you can dance together.

The leadership qualities of confidence, patience, consistency, clarity and non-confrontational behavior develop naturally when you engage in personal growth and understand who you really are. Understanding your personal strengths helps you increase your self-confidence and be authentic. Authenticity is the foundation for trustworthy leadership.

Looking through the eyes of our horse is another important quality we can bring to this partnership. Horses function and think very differently than humans. When we can view the world through our horse's eyes we can find solutions that are beneficial for both of us.

The partnership: Most horses are ready for the deep connection we are looking for. They are just waiting for us to get out of our own way. When we bring body awareness, emotional and mental clarity and leadership qualities to our horses, we lay the foundation to a synergistic partnership where $1 + 1 = 3$, meaning that the partnership is more powerful than the single components (horse, rider) going into it.

When you are willing to engage in personal growth you gain a lot more than deepen your relationship with your horse. Personal qualities such as mental and emotional clarity, body awareness, leadership skills and empower you in your daily life. You will make better decisions and overcome obstacles with more ease. So when you contemplate your goals for your horse this year, consider personal growth.

What personal growth areas would you like to strengthen to bring your relationship with your horse to the next level? Motivational coaching can help you enhance your personal growth to experience a deeper partnership with your horse and live an empowered life. You can find more information on individual coaching sessions and workshops on my website: www.EssentialClarity.com or call me (866-699-6499) if you have questions. I would love talking to you.

Please fill out the EIDEA 2012 Goal Sheet and return to Jan Vlasak by April Meeting!!!!!!

EIDEA 2012 Goal Sheet

Awards Program

Please fill out and give to an EIDEA board member



Goal Sheet Awards - Please list 5 goals you wish attain in 2012.

EIDEA members should fill out their Goal Sheet by the first of the year. They will be stored until next year and returned to the member along with a certificate. The Awards Committee may have prizes at the Banquet but you must be present to receive a prize. A goal can be specific, like 'show test First 1' or general like 'feel comfortable trail riding'. Everyone thinks about what they want to do – here is your chance to write it down!

Members Name: _____

Goal #1 _____

Goal #2 _____

Goal #3 _____

Goal #4 _____

Goal #5 _____

Calendar of Events

EIDEA Meetings (continued from back cover)

Tuesday, June 5, 2012 7:00 PM (6:30-7 social time)

Training Demonstration TBA by Lisa Marie Bishop at Leamanach Farms. Meeting leader is Megan Ward

Tuesday, July 3, 2012 7:00 PM (6:30-7 social time)

Gardening & Plants by Judy Nauseef at Kirkwood's Iowa Hall, Marland room.

Tuesday, August 7, 2012 7:00 PM (6:30-7 social time)

Scribing by Anne Cizadlo at Kirkwood's Iowa Hall, Marland room. Meeting leader is Anne Cizadlo

Tuesday, September 4, 2012 7:00 PM (6:30-7 social time)

Driving Demonstration by Michelle Blackler (tentative). Location to be determined. Meeting leader is Lois Pienkos.

Tuesday, October 2, 2012 7 PM (6:30-7 social time)

TBA - **Vet Presentation**. We need a volunteer to be the Meeting Leader.

November - **Year End Social**. Date, time & location to be determined. Meeting Leaders Deb Levine & Nan Barta

Clinics & Symposiums

March 9-11

Anne Cizadlo Clinic - For information contact Anne Sushko at gandasushko@hotmail.com or 563-580-0510 (cell). Mail to: 1942 Clifford Street, Dubuque, IA 52002-0445

April 8 - 9 (Sundy & Monday)

Cindy Ishoy (5 time Olympian) will be giving a dressage clinic at Winds Reach Farm. Interested Riders and Auditors contact Bill Coester at (319) 338-2673. More info at WindsReachFarm.com.

May 11 - 13, July 13 - 15, September 14 - 16. November 9 - 11.

Marina Parris-Woodhead Clinic Costs: Private lesson \$100, Semi-private lesson \$60 per rider, auditing \$10 a day. For more information, please contact Katherine Wilson at katherine_ann_wilson@yahoo.com or on Facebook at Marina Iowa Dressage Clinics.

May 25, 26 & 27, 2012

Bernie Trauriig Symposium - Contact LisaMarie Andrews Bishop on facebook, or lisamarielbishop.com or 614 425 2127 or irishpixie13@msn.com.

July 8 - 9 (Sunday & Monday)

Marius Schreiner clinic at Shellhaven Farm. Contact Michelle Johnson. Info at www.shellhavenfarm.net

Saturday, July 28, 2012 at 3:00 pm

Evening at Tamarack Stables - The public is invited to our yearly evening of equine performances. Our riders put on quite the show. All you need is a lawn chair to watch. Any riders from outside Tamarack are also invited to display their talents. Please contact Tammy for details.

Local Shows

April 21 & 22

Dressage and CT Show to be held at Winds Reach, Iowa City. Show information and forms can be found at windsreachfarm.com. Contact Chris Gutierrez at garysite@dybb.com or (319) 389-7395.

May 5-6

Catalpa Corner Spring Charity Horse Trial – Info at catalpacorner.org

May 19 & 20

Tamarack Stables Schooling Shows. Dressage on Saturday, Jumping on Sunday. More info at tamarackstablesiowa.com or call Tammy Lisi at 319-480-2056

June 2 & 3

Dressage and CT Show to be held at Winds Reach, Iowa City. Show information and forms can be found at windsreachfarm.com. Contact Chris Gutierrez at garysite@dybb.com or (319) 389-7395.

August 4 & 5

Tamarack Stables Schooling Shows. Dressage on Saturday, Jumping on Sunday. More info at tamarackstablesiowa.com or call Tammy Lisi at 319-480-2056

August 18-19

Catalpa Corner Charity Horse Trial – Info at catalpacorner.org

September 22 & 23

Dressage and CT Show to be held at Winds Reach, Iowa City. Show information and forms can be found at windsreachfarm.com. Contact Chris Gutierrez at garysite@dybb.com or (319) 389-7395.

Fairs & Conventions

March 30, 31 and April 1

The Annual Iowa Horse Fair will at the State Fairgrounds in Des Moines, IA. See more at iowahorsecouncil.org

April 20 - 22, 8:00 am - 7:00 pm

The Midwest Horse Fair is one of the top 3-day horse fairs in America. Held in Madison, Wisconsin at the Alliant Energy Center. More information is at midwesthorsefair.com

April 27 - 29

Minnesota Horse Expo at the Minnesota State Fairgrounds, 1265 Snelling Ave North, St. Paul, MN 55108. For info mnhorseexpo.org

2012 US Eventing – Area IV Shows

May 5 - 6, Catalpa Corner Charity H.T. (IA) Offering: P,T,N,BN

May 12 - 13, Mill Creek Pony Club H.T. at Longview Horse Park (MO) Offering: P,T,N,BN

May 18 - 20, Otter Creek H.T. (WI) Offering: I,P,T,N,BN

May 26 - 27, Briar Fox Farm H.T. (KS) Offering: P,T,N,BN Test: Starter

June 3, Carriage House Farm Combined Test (MN) Offering: . I,P,T,N,BN

June 9 - 10, Queeny Park H.T. (MO) P,T,N,BN Test: Starter

June 16 - 17, Silverwood H.T. (WI) Offering: T,N,BN Test: Starter

June 22 - 24, Fox River Valley H.T. (IL). CCI1*,IP,P,T,N,BN

July 8, Wayne DuPage H.T. (IL) Offering: P,T,N,BN Test: Starter

July 14 - 15, Roebke's Run H.T. (MN) P,T,N,BN

July 21 - 22, Briar Fox Farm H.T. (KS) Offering: P,T,N,BN Test: Starter

July 21 - 22, Hunter Oaks H.T. (IL) IP,P,T,N,BN Test: Starter

August 4 - 5, Silverwood Farm Summer H.T. (WI) T,N,BN Test: Starter

August 10 - 12, Otter Creek H.T. (WI) Offering: I,P,T,N,BN Test: Starter

August 18 - 19, Catalpa Corner Charity H.T. (IA) P,T,N,BN

September 1 - 2, Steepleview H.T. (MN) Offering: . T,N,BN

September 1 - 2, Silverwood Farm H.T. (WI) Offering: T,N,BN Test: Starter

September 15 - 16, Dunnabeck H. T. (IL) P,T,N,BN

September 21 - 23, Otter Creek H.T. (WI) Offering: I,P,T,N,BN Test: Starter

October 6 - 7, Roebke's Run H.T. (MN) P,T,N,BN

October 12 - 14, Heritage Park T3D & H.T. (KS) Offering: T3D,IP,P,T,N,BN, Area Chsp (T,N,BN) Test: N3D

October 27 - 28 Briar Fox Farm H.T. (KS) Offering: P,T,N,BN Test: Starter

2012 US Dressage Federation recognized shows in our area

Further information can be found at USDF.org and/or USEF.org. Many shows also post at DressageShowInfo.com

March 24 – 25 Fields & Fences March Dressage Fest, Gurnee, IL
March 31 – April 1, Kansas City Dressage Society 26th KCDS Kickoff Competition I & II, Kansas City, MO
May 5 - 6, Kansas City Dressage Society Dressage At Longview I & II, Kansas City, MO
May 5 - 6, Dressage At Lamplight May, Wayne, IL
May 5 - 6, Carousel Connection I & II, Springfield, IL
May 11, Silverwood Dressage, Camp Lake, WI
May 12 - 13, Silverwood Dressage May I, Camp Lake, WI
May 18 - 19, Sorensen Park Dressage May II, East Troy, WI
May 19 - 20, 35th Annual Cornhusker Classic I & II, Lincoln, NE
May 20, Dressage At Lamplight May, Wayne, IL
May 26 - 27, Bara Trac I & I Too, Dressage, Mason City, IA
May 26 - 27, Silverwood Dressage May II, Camp Lake, WI
June 2 - 3, Kansas Dressage & Eventing Association Spring I, Hutchinson, Ks
June 2 - 3, St. Croix Classic, Lake Elmo, MN
June 2 - 3, Silverwood Dressage, Camp Lake, WI
June 8, Silverwood Dressage, Camp Lake, WI
June 8 - 10, Dressage At Alpine I & II, Long Lake, MN
June 9 - 10, Silverwood Dressage June, Camp Lake, WI
June 9, Al Khamsa Dressage June, Dawson, IL
June 9 - 10, Cooler By The Lake I & II, Iron River, WI
June 14 - 16, Sorensen Park Dressage & Sport Horse June I & II, East Troy, WI
June 15 - 17, Sun Dance Dressage Show I & II, Lake Elmo, MN
June 15 - 17, SLADS Summer Dressage Festival I & II, Lake Saint Louis, MO
June 16 - 17, Iowa Dressage Classic I & II, Cumming, IA
June 22, USDF Region 4 Jr/YR Team Championship
June 22 - 24, Dressage Lite & Lite Too, Mason City, IA
June 22 - 23, Sorensen Park Dressage June III, East Troy, WI
June 24, IDCTA Summer Dressage, Gurnee, IL
June 30 - July 01, Silverwood Dressage July, Camp Lake, WI
July 7 - 8, Silverwood Dressage, Camp Lake, WI
July 7 - 8, Dressage At Alpine I & II, Long Lake, MN
July 13 - 15, Midsummer Dressage Show, Lake Elmo, MN
July 14 - 15, Silverwood Dressage July I, Camp Lake, WI
July 20 - 21, Sorensen Park Dressage July II, East Troy, WI
July 20 - 21, Dressage At Lamplight July, Wayne, IL
July 22, Dressage At Lamplight July II, Wayne, IL
July 28 - 29, Silverwood Dressage July II, Camp Lake, WI
August 2 - 3, Sorensen Park Dressage August I, East Troy, WI
August 4, Bara Trac II Dressage, Mason City, IA
August 4, Sorensen Park Dressage & Sport Horse August II, East Troy, WI
August 5, Bara Trac II Too, Mason City, IA
August 11 - 12, Silverwood Dressage August I, Camp Lake, WI
August 18 - 19, Silverwood Dressage August, Camp Lake, WI
August 24 - 25, Dressage At Lamplight August, Wayne, IL
August 25 - 26, Centerline Dressage Classic I & II, Springfield, IL

August 26, Dressage At Lamplight August II, Wayne, IL
August 25 - 26, Northern Lights Dressage, Lake Elmo, MN
September 1 - 2, Silverwood Dressage September, Camp Lake, WI
September 7 - 9, Great American/USDF Region IV Championships & Midwest Regional Championship and Open Show, Mason City, IA
September 15 - 16, Silverwood Dressage September, Camp Lake, WI
September 15, Al Khamsa Fall Dressage, Dawson, IL
September 22 - 23, Dressage At Lamplight September, Wayne, IL
September 22-23, CSDEA Dressage Festival & Championship, Lake Elmo, MN
September 29 – 30, Silverwood Dressage October, Camp Lake, WI
October 5 - 6, Sorensen Park Dressage - October I, East Troy, WI
October 6 - 7, Dressage At Lamplight October, Wayne, IL
October 13 - 14, SLADS Fall Dressage Classic, Lake Saint Louis, MO
October 13 - 14, Silverwood Dressage October, Camp Lake, WI

Classified

EIDEA Members: Subscribe to Apples 'n Oats for \$12 (\$14 value) during the months of March and April, and spend the savings on carrots for your horse! Carol Eilers, 5070 Northridge Pt. SE, Cedar Rapids, IA 52403 Forms at: www.applesnoats.com or contact Carol at 319-365-7314 or Aplznoats@aol.com.

Membership Reminder

Memberships expire November 30th. Dues are \$40.00 for an individual. Send check to : Jan Vlasak 3559 Timberline Drive NE Cedar Rapids, IA 52402.

EIDEA OFFICERS

President: Anne Cizadlo

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kodester1@yahoo.com

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**To get email
notices you
must sign
up with the
member only
EIDEA-NEWS
Yahoo
group at
yahogroups.com**

**Contact
Judy Nauseef
at
319-338-9207
or judyn@hughes.net
for help with
signing up.**



Spring Dressage & Combined Training Show

April 21-22, 2012

Opening Date: March 16, 2012

ENTRY DEADLINE: April 9, 2012

EIDEA & IaDCTA Recognized Schooling Show



<p>Venue: Winds Reach Farm, 4427 Kotts Lane NE, Iowa City, IA 52240-7835 Directions: Please visit www.windsreachfarm.com for directions Accommodations: Hotels are available at I-80 and Hwy. 1 area</p>	<p>Draw Checks to: Christina Gutierrez Mail checks and entries to: Christina Gutierrez, 1238 S. Apple Creek Road, Mt. Vernon, IA 52314 Dressage Managers: Chris Gutierrez (319-389-7395) & Shana Kelly (319 - 360-0418) Secretary: Chris Gutierrez Office: Open 7am - 5pm</p>
<p>Fee Schedule: \$20 dressage class \$35 two-phase class \$20 non-compete fee/day (for horse not entered in any classes) \$10 office fee \$15 late fee if entries received after closing date of April 9, 2012 \$35 per day stabling fee (does not include shavings) limited availability/1st come \$7.00 per bag shavings \$15 REQUIRED stall cleaning deposit (separate check) to be refunded when stall cleaned and approved by manager \$20 per day jump out fee</p>	<p>Judges: Nena Denman (Dressage); Andria Pooley (2-Phase & Jumping) Breakfast, lunch & beverages will be available on the grounds. Donations requested. Photographer: Derith Hartvogt will be available.</p>

Dressage Division Saturday, April 21, 2012		2-Phase Combined Test Division Sunday, April 22, 2012	
100	Intro Test A (JR/YR, AA, Open)	200	Green as Grass: Intro C/18" X-poles
101	Intro Test B (JR/YR, AA, Open)	201	Pre Beg Novice: BN Test A/up to 2'0"
102	Intro Test C (JR/YR, AA, Open)	202	Beginner Novice: BN Test B/up to 2'6"
103	Training Level Test 1 (JR/YR, AA, Open)	203	Novice: Novice Test A/up to 3'0"
104	Training Level Test 2 (JR/YR, AA, Open)	204	Training: Training Test A/up to 3'3"
105	Training Level Test 3 (JR/YR, AA, Open)	205	Preliminary: Prelim Test A/up to 3'6"
106	First Level Test 1 (JR/YR, AA, Open)	*203 -206 (Combined)	
107	First Level Test 2 (JR/YR, AA, Open)	Jumping Division Sunday, April 22, 2012	
108	First Level Test 3 (JR/YR, AA, Open)		
109	Second Level - TOC (JR/YR, AA, Open)	300	18" X-poles (Combined)
110	Third Level - TOC (JR/YR, AA, Open)	301	Jumpers 2'0" (Combined)
111	Fourth Level - TOC (JR/YR, AA, Open)	302	Jumpers 2'3" (Combined)
112	Musical Freestyle - Specify Level (Combined)	303	Jumpers 2'6" (Combined)
113	Quadrille (Combined)	304	Jumpers 2'9" (Combined)
114	Pas de Deux (Combined)	305	Jumpers 3'0" (Combined)
115	Prix Caprilli - TOC (Combined)	306	Jumpers 3'3" (Combined)
		307	Jumpers 3'6" (Combined)

<ul style="list-style-type: none"> • Volunteer Hours Will Be Available and Welcomed. • Show is open to any interested individual. • For safety reasons all riders are required to wear an ASTM approved safety helmet with harness when mounted. • Ribbons awarded to 6 places. See class list for classes that will be placed as one division. • Dressage High Score and Combined Low Score for the day to be awarded. • Barn opens Friday at 3:00 p.m. No early arrivals. 	<ul style="list-style-type: none"> • Arena open to schooling on Friday & Saturday nights from 5:00 p.m. to 8: p.m. Schooling before show - To Be Posted. • Please refer to the show book at www.iadcta.org for further information regarding the competition. • A horse/rider combo may only enter two consecutive levels. If riders share a horse, the horse will be limited to four rides per day at two consecutive levels and only one horse/rider combination per level or class.
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EQUINE ATHLETES

IS NOW READY FOR BUSINESS!!!

**DRESSAGE FOCUSED TRAINING & LESSONS WILL NOW BE OFFERED
AT TWO PRIVATE FACILITIES IN NORTHEAST IOWA.**

ALL DISCIPLINES ARE WELCOME.

Trainer Carmen Milliren grew up in Northeast Iowa, near Decorah. She started riding at a very young age, schooling in both the English and Western disciplines. Throughout college at the University of Wisconsin-River Falls, Carmen was a working student for a dressage training operation near the Twin Cities. She was able to spend winters training in Wellington, Florida, with Michelle Gibson and other top riders from around the world.

After college, Carmen trained with Hans Senn, while managing St. Croix Saddlery in Minnesota. Recently, Carmen and her husband, Jordan, transferred back to Northeast Iowa and bought a farm in Ridgeway, IA. After lots of work, their farm is now ready to accept outside horses for training and lessons. She is excited to bring her knowledge and experience back home.

**Please visit our new website for more information about
Quandahl Farms Equine Athletes and our training options.**

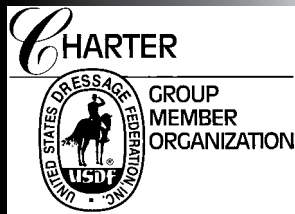
*Quandahl Farms Equine Athletes
& Carmen Milliren*

Cell: 563-387-7748

www.quandahlfarms-equineathletes.com

 : Quandahl Farms Equine Athletes

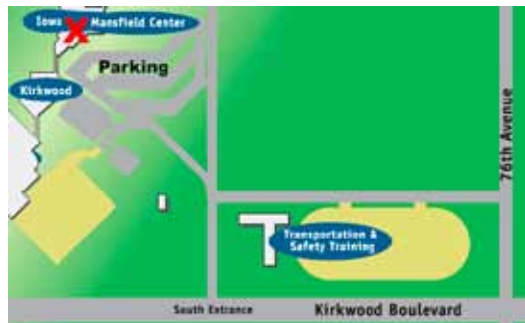




NEXT MEETINGS

Tuesday, April 3, 2012 7:00 PM (6:30-7 social time)

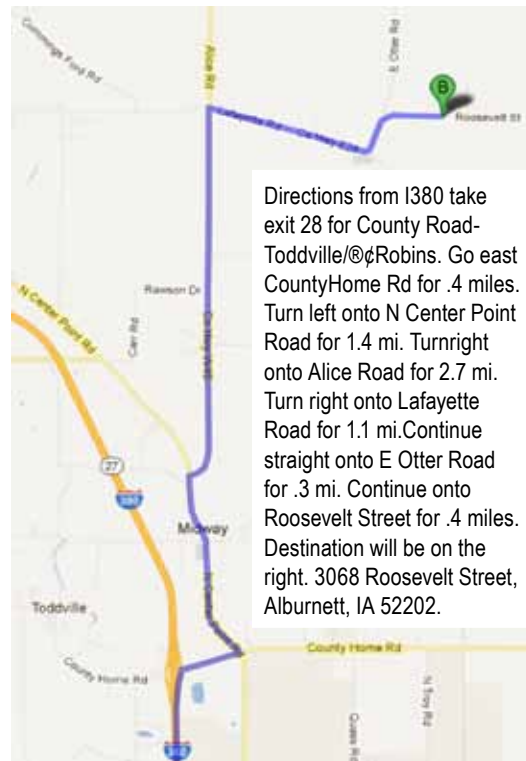
Enhance Your Riding Performance by Dr. Freya Schafer, PhD, Motivational Coach and Advanced EFT Practitioner at Kirkwood's Iowa Hall, Marland room. See the article on page 2! Meeting leader is Anne Cizadlo



Directions to Kirkwood: From I380, take US Hwy 30 East/US 151 North to Kirkwood Blvd. Turn South on Kirkwood Blvd SW. You will pass the main campus entrance. Turn left into the South Entrance and left into the parking area. Iowa Hall will be towards the northeast.

Tuesday, May 1, 2012 7:00 PM (6:30-7 social time)

Dressage Basics by Anne Cizadlo at Otter Creek Farm
A dressage demonstration on how the basics will build into higher level movements. What the rider needs to have control over (like rhythm, tempo, straightness, etc.) that will produce a good dressage horse to ride or show.



Directions from I380 take exit 28 for County Road-Toddville/Robins. Go east County Home Rd for .4 miles. Turn left onto N Center Point Road for 1.4 mi. Turnright onto Alice Road for 2.7 mi. Turn right onto Lafayette Road for 1.1 mi. Continue straight onto E Otter Road for .3 mi. Continue onto Roosevelt Street for .4 miles. Destination will be on the right. 3068 Roosevelt Street, Alburnett, IA 52202.



Megan Ward
1228 Hertz Drive, SE
Cedar Rapids, IA 52403