



THE COLLECTION

The Monthly Newsletter of the Iowa Dressage & Combined Training Association

For Members By Members

MAY 2015



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**GROUP
MEMBER
ORGANIZATION**



ABOUT IADCTA

IaDCTA Board & Committee Information

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**IF YOU WANT TO GET INVOLVED
IN A COMMITTEE, PLEASE CON-
TACT ONE OF THE MEMBERS
LISTED ABOVE!**

2015 BENEFICIARIES

ARL—Equine Division
Healing Hearts with Horses
Wildwood Hills Ranch

THE COLLECTION

PUBLISHING RATES for Clinics, Show Bills &

Other ANNOUNCEMENTS:

	Members	Nonmembers
Full Page	\$30.00	\$45.00
Half Page	\$25.00	\$35.00
Quarter Page	\$10.00	\$25.00
Business Card	\$7.00	\$15.00
Change of Hand	Free	\$5.00
Calendar of Events	Free	\$5.00
Marketplace	\$30.00	\$30.00
E-mail Blast	\$10.00	\$10.00

ANNOUNCEMENTS include clinics and shows. Member rates apply to clinics and shows sponsored by an individual IaDCTA member. Nonmember rates apply to clinics and shows sponsored by groups other than the IaDCTA.

CHANGE OF HAND is our classified advertising section. Each item is limited to a maximum of 20 words per month and each member is limited to 2 items per month.

CALENDAR OF EVENTS is our listing of local and regional events. It includes only the event name, date and contact information.

MARKETPLACE is our advertising for professionals and facilities. Submit any size listing for inclusion for the same rates as above. Ad placement will depend on size. A discount of \$10.00 per month applies to full page ads running for 6 consecutive months.

Send all materials and announcements to:

Email: collectioneditor@hotmail.com

Mail: Katie Barrowcliff, 1330 44th St. Unit A
Marion, IA 52302

Please send payment for any submissions to:

Chris Gutierrez, Treasurer
1238 S. Apple Creek Road, Mt. Vernon, IA 52314

Materials are due by the 25th of each month and will not be printed until payment is received.

IaDCTA is a USDF Group Member Organization (GMO), and all members are automatically USDF Group Members (GMs). For USDF Participating Membership, members must apply directly to USDF.

We're Online: www.iadcta.org or visit our Facebook page



CALENDAR OF EVENTS

SCHOOLING SHOWS:

June 6, 2015– Schooling Show, Tamarack Stables,
Judge: Rebecca O'Bea

July 18, 2015– Schooling Show, Tamarack Stables,
Judge: Liz Lamm

August 15, 2015– Schooling Show, Tamarack Stables,
Judge: Deb Devries

RECOGNIZED SHOWS:

June 13-14, 2015– Iowa Dressage Classics, MLEC

CLINCS:

May 16-17, 2015 - Schooling show and Western Dressage Clinic, Tamarack Stables, Judge: Rebecca O'Bea

May 30-31, 2015– Ride-A-Test and Schooling Show, Middle River Ranch, Judge: Kim Kriekhaus

September 5-6, 2015– Dressage Clinic, Location TBD, Clinician: Dolly Hannon

EVENTS:

May 2015

Su	M	Tu	W	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2015

Su	M	Tu	W	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**Next Board Meeting will be May 12, 2015
at the Okoboji Bar and Grill in Newton, IA
at 6:30pm.**

All members are encouraged to join us!



Show season is here again!

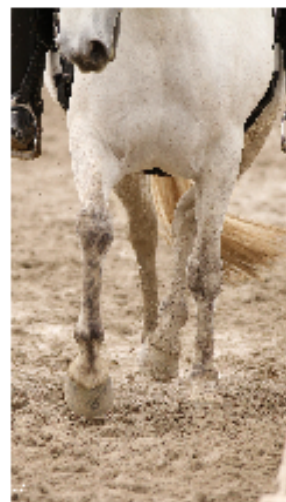
We are still working on a location and date for the dressage schooling show championships. Looks for a date and location soon!

Iowa Dressage Classics is right around the corner!

Sponsorship is being collected for the classics. Get yours in to support dressage and eventing in Iowa.

Want to do something this summer?

Volunteer



Presidents Corner

Happy Riding!

Tammy Lisi

TREASURER'S REPORT

March 2015 Treasurer's Report

3/31/2015

OPENING WORKING BALANCE		\$	5,654.58
INCOME:	\$	-	
Clinic/Educational Fund	\$	7,130.00	
Membership	\$	160.00	
Nominations	\$	20.00	
Sponsorships	\$	75.00	
TOTAL INCOME:	\$	7,385.00	
EXPENSES:			
Club Express - bank fees	\$	(25.82)	
<u>Clinician Fees:</u>			
Larry Bradley	\$	(600.00)	
Equine Equities LLC	\$	(3,484.70)	
Dressage Solutions - Saddle Fitting (Clinic)	\$	(350.00)	
Facilities & Equipment: IEC	\$	(2,502.00)	
NSF	\$	(405.00)	
Petty Cash	\$	(100.00)	
2nd Story Promotions	\$	(185.00)	
2nd Story Promotions	\$	(190.40)	
2nd Story Promotions	\$	(214.00)	
TOTAL EXPENSES:	\$	(8,056.92)	
NET INCOME		\$	(671.92)
ENDING WORKING BALANCE		\$	4,982.66
RESERVES/DESIGNATIONS:			
Betsy Coester Grant	\$	1,005.97	
Clinic/Educational	\$	737.68	
ITBOA	\$	200.00	
TOTAL RESERVES/DESIGNATIONS		\$	1,943.65
SAVINGS - 2/28/15			
Balance remaining set aside from 2012 Classic	\$5,698.00		
Emergency Funds	\$	3,000.00	
Interest Earned to-date	\$	2.45	
		\$8,700.45	
Interest earned in February	\$	0.06	
TOTAL SAVINGS BALANCE		\$8,700.51	
TOTAL ACCOUNT BALANCES		\$	15,626.82

MEETING MINUTES

April 14, 2015

6:30pm Okoboji Grill Newton, IA

laDCTA Agenda

Call to order: Meeting was called to order by Barb at 6:19 pm

Attendance: Present were Barb Zukowski, Nena Denman and PJ Koehler

Approval of minutes from last time: Nena motioned to approve, Barb seconded, no discussion, approval requested by email on 4/15/15, 7 replies are in favor, 1 no response, motion passed

Approval of agenda: Items added below

Approval of Treasurer's report: PJ motioned to approve the report provided to the board by Chris's email on 4/13/15, Nena seconded, no discussion, approval requested by email on 4/15/15, 7 replies are in favor, 1 no response, motion passed

Fundraising Committee: short discussion around item below:

laDCTA jackets: this is an upcoming fundraiser and the jackets will be special order not inventoried to sell, a sample was worn by Tammy at the adult camp and looked like they should be easy to sell

Membership Committee: reviewed the report emailed by Sharon on 4/14/15, we have 62 renewed members and 46 horses nominated, mention was made that all members need to log in to the web site using/resetting their password if they have not yet done so

Awards Committee: No report or discussion

Show Committee: we need to ensure all the shows listed on the road to the championships have paid their fees or offered reciprocating recognition prior to being listed, NDA needs to be added for reciprocating recognition (Cornhusker for Classics), also there was some discussion around items below:

Western Dressage Weekend: in process, some entries have already been received, 5/16 & 17 at Tamarack with Becky O'Bea

Championships (eventing and dressage): no report on eventing, dressage – we are not on the schedule at Kirkwood and dates offered are too late into winter weather, Ellsworth has three dates open in October and based on other events around the area in October members present recommend booking the weekend of 10/17 & 18 and hold it at Ellsworth

MEETING MINUTES cont.

Iowa Dressage Classic: MLEC contract needs to be signed and returned to Libby, we still don't have a contract with a farrier so Barb provided Nena with an alternative name to contact, Pheasant Ridge Equine is again doing on call at no charge to the club so we will provide advertising to them on our web site and in the programs, Sharon had provided the names of several vendors – members present recommend to utilize Saddlers Row and Bridle Suite, AQHA recognition of the Classics is in place and Nena has numerous breed awards, a short discussion about whether to keep the level 3 rating after this year took place, because only second year as level 3 consensus was to wait and see

Education Committee: due to costs at Ellsworth Barb is researching different locations for the September Dolly Hannon Clinic and recommend Belinda's Best Little Horse House in Ames, also there was brief discussion of the item below:

Adult Day Camp: attendees felt this was a great event and many good comments have been received on all the various events. PJ suggested asking CC McConnell to write an article on her experience at the event and will send her an email.

Nomination Committee: No report or discussion

Volunteer Committee: it was suggested to provide to Michelle a list of all the 2014 volunteer hours, members present thought possibly Sharon or Danielle might have that information. also Michelle needs access to send email blasts to membership to ask for volunteers ASAP because the Classics are only two months away

ADDED AGENDA ITEMS:

Web Site: who is the contact for updating the website and when will it get updated? The Classics show bills and entry information need to be out there ASAP to help ensure good levels of participation. Past events need to be removed. Is anyone working on the 2015 member handbook? Currently 2012 is most recent.

Use of Club Equipment: Middle River Ranch and PJ are hosting an IADCTA recognized Ride-A-Test and Show at the end of May and have requested to use the club arena. Previous years there has been no charge to members to use this but non-members have been asked to pay \$50 per arena per day for its use. Both members and non-members have previously been required to sign an agreement to repair or replace any items that are damaged during their use of the arena and to be responsible for arranging for and transporting the trailer that contains the arena. Members present were in agreement that previous club equipment usage policy could be followed for the event at Middle River Ranch and PJ should arrange with Chris for obtaining the trailer.

Meeting adjourned at 7:30 pm and next meeting will be Tuesday 5/12/15 at 6:30 pm at the Newton Okoboji Grill restaurant



2015 Road to the Championships

**Recognized by IaDCTA for
Year-End Awards**

10/25-26/14	IaDCTA Schooling Show	IEC Cedar Rapids, IA
5/2/15	Fantasy I Dressage Saturday	MLEC Cumming, IA
5/17/15	Western Dressage Show	Tamarack, Anamosa, IA
5/30&31	Cornhusker Classic I&II	Lincoln, NE
5/31/15	Middle River Ranch Show	Winterset, IA
6/6/15	Dressage at Tamarack I	Anamosa, IA
6/13-14/15	IA Dressage Classic I&II	MLEC, Cumming, IA
6/20/15	Fantasy II Dressage Saturday	MLEC, Cumming, IA
6/27-28/15	Maffitt Lake Dressage I&II	MLEC, Cumming, IA
7/11/15	Fantasy III Dressage Saturday	MLEC, Cumming, IA
7/18/15	Dressage at Tamarack II	Anamosa, IA
7/18&19	KCDS Summer Dressage I&II	Longview, KC, MO
7/25&26/15	2 Rivers Dressage Classic I&II	MLEC, Cumming, IA
8/15/15	Dressage at Tamarack III	Anamosa, IA
8/22-23/15	Madison County Dressage I&II	MLEC, Cumming, IA
9/19-20/15	CSDEA Dressage Festival	Lake Elmo, MN



**HAPPY
RIDERS!**





Western Dressage Clinic & Schooling Show

May 16-17, 2015

Tamarack Stables – Anamosa, IA

Clinician & Judge – Rebecca O'Bea

WESTERN DRESSAGE RIDE-A-TEST

Saturday, May 16

\$35.⁰⁰ – IaDCTA Members **\$45.⁰⁰** – non-IaDCTA Members

(indicate TOC – see attached class list)

Non-Western dressage riders wanting to participate on Saturday, will be put on a waiting list, and then scheduled on a first-entry basis, if there is space available.

Not a member, but would like to take advantage of the \$35⁰⁰ IaDCTA entry fee. Return the attached Membership Form & fee along with your entry.

SCHOOLING SHOW

Sunday, May 17

\$20.⁰⁰ – Class

(indicate TOC - see attached class list)

STABLING

\$30.⁰⁰ – per night

\$20.⁰⁰ – per day

Jump Out – FREE

Limited Stabling Available. Please contact Tammy Lisi

(319) 480-2056 or tammylisi71@gmail.com

MANAGER: Tammy Lisi

Checks payable to "IaDCTA" and remit to:

SECRETARY: Christina Gutierrez, 1238 S. Apple Creek Road, Mount Vernon, IA 52314

(319) 389-7395; garysite42@gmail.com

CLASS #	CLASS NAME	DIVISION	CLASS FEE
100	Amateur Handler in Hand	JR-YR/AA/Open	\$20
101	Intro - TOC	JR-YR/AA/Open	\$20
102	Training Level - TOC	JR-YR/AA/Open	\$20
103	First Level - TOC	JR-YR/AA/Open	\$20
104	Second Level - TOC	JR-YR/AA/Open	\$20
105	Third Level - TOC	JR-YR/AA/Open	\$20
106	Fourth Level - TOC	JR-YR/AA/Open	\$20
107	FEI - TOC	Combined,	\$20
108	Musical Freestyle - Specify Level	Combined	\$20
109	Quadrille - TOC	Combined	\$20
110	Pas de Deux - TOC	Combine	\$20
	USEF RIDER TESTS		
200	USEF Rider Test - Training Level	JR-YR/AA/Open	\$20
201	USEF Rider Test - First Level	JR-YR/AA/Open	\$20
202	USEF Rider Test - Second Level	JR-YR/AA/Open	\$20
	WESTERN DRESSAGE		
300	Intro Tests (Tests 1-4) - TOC	JR-YR/AA/Open	\$20
301	Basic Tests (Tests 1-4) - TOC	JR-YR/AA/Open	\$20
302	Level 1 Tests (Tests 1-4) - TOC	JR-YR/AA/Open	\$20
303	Level 2 Tests (Tests 1-4) - TOC	JR-YR/AA/Open	\$20
304	Level 3 Tests (Tests 1-4) - TOC	JR-YR/AA/Open	\$20

2015	WESTERN DRESSAGE RIDE-A-TEST & SCHOOLING SHOW		Official Use Only	Bridle #
Competition Name				
Name of Horse		Owner	Breed	Sex
Rider/Handler Name				AA/JrYR/Open
Class No.	Division	Test of Choice		Fee
Rider				
Rider's DOB (if Jr/Yr):		Subtotal Class Fees		
Address:		Stabling #___ Stall(s) @ \$30/Stall (night)		
City/State/Zip		Stabling #___ Stall(s) @ \$20/Stall (day)		
Phone		Office Fee - \$10. ⁰⁰		
Cell Phone		Late Entry Fee - \$15. ⁰⁰		
E-mail		Non-Member Fee - \$15. ⁰⁰ per rider (if riding show ONLY)		
		TOTAL FEES		
Stabling Information & Special Requests: Please list only ONE name (individual or barn) to stable with				
Group/Sell	Fr.	Sat.	Sun.	
Stalls				
Lack Stalls				
Stable Group:	Contact:			
<p>I hereby agree to release, indemnify and hold harmless IADULA, NDA, LIDLIA, LLC at Kirkwood, its instructors, officers, directors, agents, the facility owners, show management and all volunteers associated with this event from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this competition or related activities. I also hereby agree to release, indemnify and hold harmless the competition licensee, show management, show committee and members, officers, directors, agents, and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with participation in this competition or related activities.</p> <p>I AGREE in consideration for my participation in this Competition to the following: I AGREE that "the Competition" and "Organizations" as used herein includes the licensee and Competition Management, as well as all of their officials, officers, directors, employees, agents, personnel, volunteers and affiliates. I AGREE that I choose to participate voluntarily in the Competition with my horse, as a rider, driver, handler, vaulter, longeur, lessee, owner, agent, coach, trainer, or as parent or guardian of a junior exhibitor. I am fully aware and acknowledge that horse sports and the Competition involve inherent dangerous risks of accident, loss, and serious bodily injury including broken bones, head injuries, trauma, pain, suffering, or death. ("Harm"). I AGREE to hold harmless and release the Organization and Competition from all claims for money damages or otherwise for any Harm to me or my horse and for any Harm of any nature caused by me or my horse to others, even if the Harm arises or results resulted, directly or indirectly, from the negligence of the Organization or Competition. I AGREE to expressly assume all risks of Harm to me or my horse, including Harm resulting from the negligence of the Organization or Competition.</p> <p>I AGREE to indemnify (that is, to pay any losses, damages, or costs incurred) the Organization and Competition and for any harm to me or my horse while at the Competition. I have read the rules of the Organization or recommendations by the Organization and Competition about protective equipment and I understand that I am entitled to wear protective equipment without penalty, and I acknowledge that the Organization strongly encourages me to do so while WARNING that no protective equipment can guard against all injuries. If I am a parent or guardian of a junior exhibitor, I consent to the child's participation and AGREE to all of the above provisions and AGREE to assume all of the obligations of this Release on the child's behalf. I represent that I have the requisite training, coaching and abilities to safely compete in this Competition.</p> <p>BY SIGNING BELOW, I AGREE to be bound by all applicable Federation Rules and all terms and provisions of this entry blank.</p>				
Rider's Signature		Parent's Signature (If rider is under 18 yrs old)		Date
Rider Emergency Contact Information				
Name of Contact & Relationship:			Phone:	

CHECK HERE IF YOU WOULD LIKE TO VOLUNTEER AT THIS EVENT:

**IADCTA 2015 MEMBERSHIP & HORSE/RIDER
NOMINATION APPLICATION**

*Membership Year Runs December 1,
2014 to November 30, 2015*

Join, Renew or Donate
Online at
www.iadcta.org.

The Iowa Dressage & Combined Training Association (IaDCTA) is a USDF Group Member Organization (GMO). By joining IaDCTA, you automatically become a USDF Group Member. However, to become a USDF Participating Member, you must apply directly to the USDF.

Name: _____

Email: _____

Street Address/City/State/Zip: _____

Home Phone: _____

Cell Phone: _____

Other Phone: _____

Referred by: _____

➤ MEMBERSHIP BENEFITS:

All Adult, Junior and Family Members of IaDCTA will receive the IaDCTA Collection electronically and the USDF Connection magazine. In addition, Adult, Junior and Family members are eligible for IaDCTA year-end awards and will automatically become Individual Group Members of USDF. Please choose your membership type below:

Adult Membership – \$45 • Includes benefits listed above and gives the member ONE vote for IaDCTA elections.

Family Membership – \$50 plus \$10 for each additional member – Includes above benefits and TWO votes for IaDCTA Elections. The primary member will be the person listed at the top of this form. The primary member's fees are included within the first \$50. Please list additional family members below at an additional cost of \$10 per member. (For example: If you are applying for a family membership as a couple, you will pay \$60. If you apply for a family membership that includes a parent and two children, it will cost \$70).

Junior Membership (21 years & under) – \$35 Includes benefits listed above, but does not include an IaDCTA vote. If applying as a Junior member, please provide your age _____ and date of birth ____.

➤ YEAR-END AWARD NOMINATIONS – \$10.00 (per horse/rider combination) makes each combination eligible for IaDCTA Championships, Horse of the Year Awards & Qualified Rider Awards. Please see the Member Handbook for additional information on the requirements for Year End Awards.

#1 Rider: _____	Horse Name/Breed: _____	Blanket Size: _____
#2 Rider: _____	Horse Name/Breed: _____	Blanket Size: _____
#3 Rider: _____	Horse Name/Breed: _____	Blanket Size: _____
#4 Rider: _____	Horse Name/Breed: _____	Blanket Size: _____

➤ MAKING A DONATION TO IADCTA:

IaDCTA Betsy Coester Memorial Grant Fund for Education – Fund supports grants to individual members for tuition for educational events. If desired, donation can be made as a special gift or memorial.

Amount: _____ In Memory of: _____

IaDCTA General Fund – Donations used to further IaDCTA's commitment to educating its members.

Amount: _____ In Memory of: _____

➤➤ TOTAL ENCLOSED (For Membership, Nominations & Donations): _____ Check // _____ Date: _____

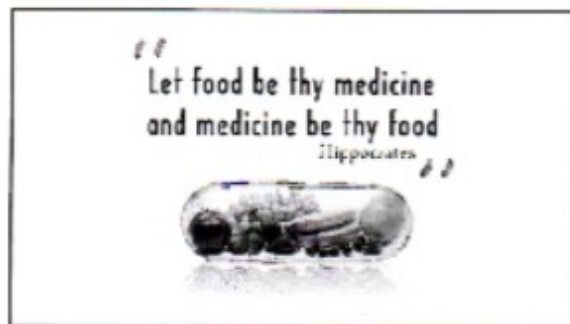


NOT JUST ALONG FOR THE RIDE...

Are you making healthy decisions?




LAVONNE SMITH
CERTIFIED HOLISTIC HEALTH COACH
319-329-4845
lavonnesmithchhc@gmail.com
www.lavonnesmith.com

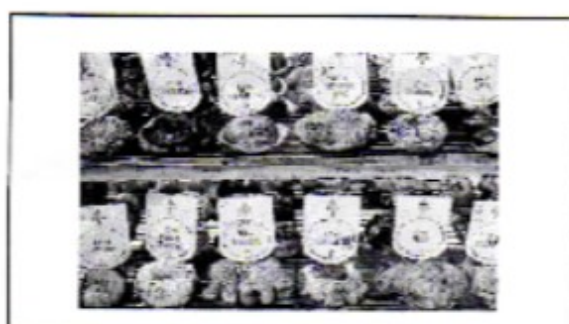


Benefits:

- Provide energy
- Decrease hunger
- Keep you from overeating at meal time

Factors to think about:

- The size of the snack should be the right size, a good balance between enough calories to satisfy you, but not too many. Under 100 calories is a good guide.
- Pick foods that are low in fat and sugar and high in fiber and water. This means an apple is better than a bag of chips.
- Aim for fruits, vegetables, and whole grain snacks.
- Naturally sweetened is better than flours and drinks that contain added sugar.
- Fresh fruit is a healthier choice than a fruit-flavored drink. Foods and drinks that list sugar or corn syrup as one of the first ingredients are not healthy snack choices.



HEALTH BENEFITS OF DRINKING LEMON WATER

It's a natural source of vitamin C, which is an antioxidant and helps to boost the immune system.

It can help to improve digestion and reduce bloating.

It can help to reduce the risk of heart disease by lowering blood pressure and cholesterol.

It can help to improve skin health by providing hydration and antioxidants.

It can help to improve mood and reduce stress.

It can help to improve energy levels.

- The Japanese learn to swim quickly
- Dyslexics, deafness, and digestive problems may be caused by malnutrition
- Menstrual cycle problems, if it's of water, they start to sweat differently



- Unlike raw, cold, warm, and energy drinks are not water
- They contain water, but also contain dehydrating agents
- Don't treat dehydration
⇒ **IT'S THE OPPOSITE**



Some say drink when thirsty,
and I say I can't not say
I've said up to 10 cups per day

- Age
- Activity
- Gender
- Diet
- Health concerns



1000

[illegible]

1. **Identify the problem**
 2. **Identify the cause**
 3. **Identify the effect**
 4. **Identify the solution**
 5. **Identify the outcome**
 6. **Identify the feedback**
 7. **Identify the evaluation**
 8. **Identify the conclusion**
 9. **Identify the recommendation**
 10. **Identify the action plan**



*2 Glasses Of Water After Waking Up

- *2 Glasses Of Water After Waking Up
- Helps Activate Internal Organs
- *1 Glass of Water 30 Minutes Before a Meal
- Helps Digestion
- *1 Glass of Water Before taking a bath/shower
- helps Lower Blood Pressure



- Normal tone: you can "feel" your muscle to stop and start and it does what you want, when you want!
- High tone: the muscle is tight and tense even though it is not doing anything.
- Low tone: there is not enough tension in the muscle when it is at rest.
- The tone of the muscles affects postural control and postural stability.
- Important:
- Neck muscles
 - Shoulder girdle muscles
 - Core Muscles (trunk muscles)



Frequency

- Throw some traditional static holds in post-exercise. These longer-duration stretches help to lengthen muscles that were tightened up during the session.
- Walking, light yoga, and massage are all great examples, but it could be as simple as heading out on a short walk to unwind from your day. Taking time to decompress will help to relax your body and prevent muscles from tightening up and restricting movement.
- The typical person uses their rib cage for too much to breathe, which doesn't engage the diaphragm optimally. Instead, focus on belly breaths, where the belly button moves in and out with each breath. Spend five minutes a day working on improving breathing for a more relaxed and stress-free posture.

The Standing Bragger

Start position:

- Stand with your feet slightly further apart than your hips
- Turn your feet out slightly
- Tuck your chin in slightly as if reading 'yes'

The Exercise

- Breathe in through your nose to expand your belly. Do not raise the shoulders up as you breath in
- Then exhale slowly while at the same time, turning your pelvis out. Fingers extended and rolling your chest bone towards your chin

Repetitions: 2-3

Frequency: Every 20-30 minutes when sitting for extended periods of time

REFERENCES

- 1. <http://www.fda.gov/cder/rdmt/rdmt.htm>
- 2. <http://www.fda.gov/cder/rdmt/rdmt.htm>
- 3. <http://www.fda.gov/cder/rdmt/rdmt.htm>
- 4. <http://www.fda.gov/cder/rdmt/rdmt.htm>
- 5. <http://www.fda.gov/cder/rdmt/rdmt.htm>
- 6. <http://www.fda.gov/cder/rdmt/rdmt.htm>
- 7. <http://www.fda.gov/cder/rdmt/rdmt.htm>
- 8. <http://www.fda.gov/cder/rdmt/rdmt.htm>
- 9. <http://www.fda.gov/cder/rdmt/rdmt.htm>
- 10. <http://www.fda.gov/cder/rdmt/rdmt.htm>

1. **Feed your soul with primary food.** Friends and family, physical activity, spirituality, and a satisfying career feed us. Lack of primary food creates over-reliance on secondary, edible food.
2. **Drink water.** Most people are chronically dehydrated. We often mistake thirst for hunger. If you feel hungry between meals, drink a glass of water before giving into cravings. Limit liquid calories from soda and juice.
3. **Eat a plant-based diet.** Plant foods are typically lower in fat and calories and higher in filling fiber than meat, dairy, and processed foods, while providing loads of essential nutrients.
4. **Chew your food well.** Digestion begins in the mouth. By thoroughly chewing your food, your body will better assimilate nutrients; you will also slow down your eating. It takes about 20 minutes for your brain to register that it is full. By slowing your eating, you'll feel full and satisfied on less food.
5. **Eat real food.** Avoid products with high-fructose corn syrup or a long list of unpronounceable ingredients. They tend to be highly processed, lacking the nutrients your body needs, and are often loaded with empty calories.
6. **Eat breakfast.** Skipping meals causes your blood sugar levels to peak and dip, affecting your energy and moods. It can also cause overeating later on because you're so hungry.
7. **Eat mindfully.** Turn off the TV. Get away from the computer. Sit down and savor the food you are eating with no distractions.
8. **Get moving.** Do any type of physical activity every day. Find movement or exercise you enjoy.
9. **Sleep, rest and relax.** When you are sleep-deprived or stressed, your body will crave energy, causing cravings for sugary snacks and caffeine as an energy boost.
10. **Schedule fun time.** Boredom and stress can lead to overeating. Make sure to take time to laugh, play, and participate in activities that bring you joy.



**Middle River Ranch and Dressage Basics present an IADCTA Recognized Clinic and Competition
A Western and Traditional Dressage Ride-a-Test and Show**

Clinic/Show Date – 30 and 31 May 2015 Entries Postmarked by – 20 May 2015
Clinician/Judge – Kim Kreickhaus Location: Middle River Ranch, 2976 214th Trail, Winterset IA
Manager/Secretary – PJ Koehler Phone – 515-213-4646 (work) Text - 636-577-1449 (cell)
Send entries to – PJ Koehler, 2225 Peru Road, Peru IA 50222
Stabling requests to – Robin Sprafka 515-462-3000 (rasprafka@aol.com)

All riders are required to wear an approved safety helmet with harness when mounted. All Dressage classes for Level 1/First Level and above will be held in the large arena. A horse/rider combo may only enter two consecutive levels and horse a total of 4 tests in show. Every effort will be made to accommodate scheduling requests. First Place prizes and ribbons awarded to 4 places. Junior classes with 4 or more entries will be divided 12 & under and 13 – 18. Entry fees: \$30 per test for Ride-a-Test, \$20 per test for western and traditional dressage except: \$10 per rider for Pas de Deux and \$5 per rider for Quadrille. Entry fees are non refundable after the closing date unless request for refund is accompanied by vet/doctor excuse. Late entries will be accepted if schedule allows. No office fee – no non-member fee! Jump out \$5/day, day stall \$25, overnight stall \$35, weekend stall \$45, stalls include 1 bag of bedding, plenty of parking.

Dressage Classes

100. Ride-a-Test – Western or Traditional Dressage – Specify Test
101. In Hand (TOC – Amateur Handler or Sport Horse Prospect)
102. Western Dressage Introductory Level (TOC – JR, AA, Open)
103. Western Dressage Basic Level (TOC – JR, AA, Open)
104. Western Dressage Level 1 (TOC – JR, AA, Open)
105. Western Dressage Level 2 (TOC – JR, AA, Open)
106. Western Dressage Level 3 (TOC – JR, AA, Open)
107. Traditional Dressage Introductory Level (TOC – JR, AA, Open)
108. Traditional Dressage Training Level (TOC – JR, AA, Open)
109. Traditional Dressage First Level (TOC – JR, AA, Open)
110. Traditional Dressage Second Level (TOC – JR, AA, Open)
111. Traditional Dressage Third Level and above (TOC – JR, AA, Open)
112. Western Dressage Musical Freestyle – Specify Level (Open)
113. Traditional Dressage Musical Freestyle – Specify Level (Open)
114. Pas de Deux – Specify Level (Open)
115. Quadrille – Test of Choice (Open)
116. Prix Caprilli – Test of Choice (Open)
117. Traditional Dressage Rider Tests – Specify Level (Open)
118. Dressage Equitation (JR or SR)
119. Combined Training Dressage Test of Choice (Open)

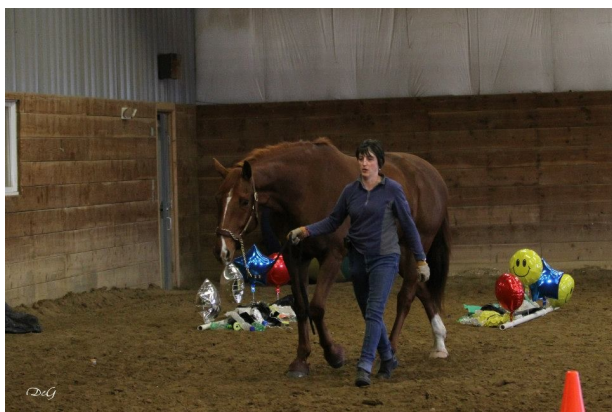
ENTRY FORM – one form per horse rider combination

Rider: _____ Phone: _____
Rider division: AA JR Open (circle one) Age of Junior Rider: _____
Email: _____
May we email your ride times? Yes No (circle one) Stabling fees (when available): _____
Horse name: _____ Ride-a-Test: _____
Jump Out/Stall Fee: _____ Class: _____
Class: _____ Class: _____
Entry fees: _____ Total fees: _____

Hold Harmless: I hereby agree to release, indemnify and hold harmless IADCTA, its members, officers, directors, agents, and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this competition or related activities. I also hereby agree to release, indemnify and hold harmless Middle River Ranch, Dressage Basics, the show management, show committee and members, officers, directors, agents, officials and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this competition or related activities. I agree to comply with competition guidelines.

Rider: _____ Parent/Guardian (if 18 or under): _____

Here's what some of our riders and auditors had to say about the adult day camp with Matt McLaughlin and Larry Bradley.....



My horse became braver then I expected thanks to Larry and family's methods of desensitizing. Calum and I appreciate all the hard work you've done to make this weekend happen. ~Ann Garton



HUGE thank you to all those involved in putting on an amazing adult day camp this past weekend! It was a fabulous way to get back in the

saddle and gear up for another show season!! Looking forward to seeing everyone again soon! ~CC McConnell

The massage was worth the pain! My horse also got more through and Matt gave me great ideas for continuing my retraining work with this particularly difficult horse. Cheesecake and wine? What more could you want after a



hard day of riding? Great job putting it together! ~Deb DeVries

My horse loved the de-spooking clinic. Larry said something about another one with flares, smoke, and guns??? I think that one might be a good idea as sounds are sometimes a trigger. Hopefully he will keep the club informed. Matt's lessons were wonderful. He got us through some rough moments and ended



with lovely work on connection on Sunday. I loved the massage. Yes, it was painful but it helped. The exercise classes were great and the Wine and Chocolate theme was perfect. I vote that always be the theme....Of course, I'm a little partial to both. I though the club did a fabulous job putting on this clinic/camp and I'd sign up again in a heartbeat. ~Dawn Zwart



It was an awe-

some weekend. Tammy Lisi and the rest of the board hats off to all of you. ~Deb Johnson

Thank you for a great intro to the association. And for all the work you've done to make this weekend happen. ~Cathy Ross-Garron

MEMBERS-

We are working on updating the website to make it more user friendly. An out of state member has volunteered to work on it and keep it up to date. To help us keep it accurate, please be sure to fill out all forms completely and legibly as well as making sure your email address is a current one. If you can't access the website, or have other problems, please email Tammy (tlisi@tamarackstablesiowa.com) so make the necessary corrections. We apologize for the trouble with the website and appreciate your patience as we work to correct the problems.

Thank you!





UNITED STATES *Dressage* FEDERATION

Nutrena/USDF Adult Clinic Series

**Creating A Winning Partnership With Your Horse
featuring Betsy Steiner and Kathy Connelly**

General Information

Region 4
May 16-17, 2015
Providence Farm in Palmyra, NE

Generously Hosted By
Nebraska Dressage Association

Pre-registration is strongly encouraged to facilitate planning. Walk-in auditors should plan to bring a chair, if possible. If you pre-registered to audit, your name will be on the registration list provided to the organizer and a pre-printed name tag will be available for you at the clinic which will serve as your ticket. If you walk in, there will be registration forms and blank name tags at the registration desk.

FOOD

Lunches will be available for pre-purchase for \$15 per person per day.

SPONSORS, DONORS, AND VOLUNTEERS

Local clinic staff and volunteers have put forth considerable effort to ensure this clinic's success. USDF welcomes back Nutrena as our title sponsor with Jane Heart Jewelry providing a door prize. USDF could not provide many of its programs without this type of generosity. Please make every effort to thank these individuals personally and consider sending a thank you note following the clinic.

CLINIC SCHEDULE –8 am – approx. 5 pm Saturday and Sunday

The rides will start at the lower levels and move up from there. A more detailed schedule will be posted when riders are selected for this clinic.

VIDEOTAPING/PHOTOGRAPHS

Riders may have their sessions videotaped for their own private use. Still photography for private use only is permitted. No video or photographic image from the clinic may be sold or distributed in any form without the prior expressed written consent of USDF.

ORGANIZER CONTACT:

Jami Kment
681 C Rd
Palmyra, NE 68418
HONE: 402-450-3902
EMAIL: KJKMENT@yahoo.com

USDF CONTACT:

Victoria Trout
United States Dressage Federation
USDF Education Coordinator
4051 Iron Works Parkway
Lexington, KY 40511
859-271-7882 or Fax 859-971-7722
adultclinics@usdf.org; www.usdf.org

FACILITY CONTACT:

Jami Kment
Providence Farm
681 C Rd
Palmyra, NE 68418
PHONE: 402-450-3902
EMAIL: KJKMENT@yahoo.com

DIRECTIONS:

4 MILES SOUTH OF EAGLE NEBRASKA ON NORTH HWY 43, TURN EAST ONTO C ROAD
GO 1/4 MILE, FARM ON NORTH SIDE OF ROAD

OR: 3 MILES NORTH OF PALMYRA, NEBRASKA ON NORTH HWY 43 (CR-6), TURN EAST
ONTO C ROAD GO 1/4 MILE.

HOTEL INFORMATION:

There are a number of Hotels in Lincoln to choose from with the closest being about 15 minutes away.



**WORKING
HARD!**





Tammy and Tom Lisi
4097 County Road X40
Anamosa, IA 52205
3190-480-2056

2015 Show Dates:

June 6, July 18, August 15

Judges to be announced

Completely renovated both indoor and outdoor
arena!

Camping allowed. Limited stabling available.

Jump out always FREE!



Dressage at Tamarack 2015

Class List

June 6, Rebecca O'Bea

July 18, Liz Lamm & Aug 15, Deb DeVries



No.	Description	Cost/rider	
101	Amateur Handler in Hand (JR/YR, AA)	\$20	
102	Intro A (JR/YR, AA, Open, Vintage)	\$20	
103	Intro B (JR/YR, AA, Open, Vintage)	\$20	
104	Intro C (JR/YR, AA, Open, Vintage)	\$20	
105	Training Test 1 (JR/YR, AA, Open, Vintage)	\$20	
106	Training Test 2 (JR/YR, AA, Open, Vintage)	\$20	
107	Training Test 3 (JR/YR, AA, Open, Vintage)	\$20	
108	First Test 1 (JR/YR, AA, Open, Vintage)	\$20	
109	First Test 2 (JR/YR, AA, Open, Vintage)	\$20	
110	First Test 3 (JR/YR, AA, Open, Vintage)	\$20	
111	Second Level and above TOC (combined)	\$20	
112	Western Dressage TOC (JR/YR, AA, Open, Vintage)	\$20	Remit paymet to Tamarack Stables. Due with Entry
113	Musical Freestyle—Specify Level (Combined)	\$20	
114	Quadrille—Test of Choice (Combined)	\$20	
115	Pas de Deux—TOC (Combined)	\$20	
116	USEF Rider Test—TOC (Combined)	\$20	

Limited Stabling(call first!)

Day stall	\$20
Overnight	\$30
Shavings (one bag included)	\$7/bag

For TOC (test of Choice) specify test and level.

Show is open to any interested individual.

All riders are required to wear an ASTM approved safety helmet.

Ribbons awarded to 6 place for each class and division.

Entries Close the Monday prior to the show (schedule posted Friday prior at latest)

Please see www.iadcta.org for more information regarding rules and championship guidelines.

Completed entries with payment remit to Tamarack Stables, 4097 County Road
X40, Anamosa, IA 52205. Phone 319-480-2056

2015	Dressage At Tamarack		Official Use Only	Bridle #
Competition				
Name of Horse		Owner	Breed	Sex
Rider/Handler Name			AA/JrYR/Open	
Class No.	Division	Class Description		Fee
Rider		Subtotal Class Fees		
Rider's DOB (if Jr/Yr):		Stabling #___ Stall(s) @ \$20/Stall (day)		
		Stabling #___ Stall(s) @ \$30/Stall (overnight)		
Address:				
		Bedding #___ Bags @ \$7/Bag		
		Office Fee - \$10. ⁰⁰		
City/State/Zip		Late Entry Fee - \$15. ⁰⁰		
Phone		Non-Competing Horse Fee - \$20. ⁰⁰		
Cell Phone		Non-Member Fee - \$15. ⁰⁰ per rider		
E-mail		TOTAL FEES		
Stabling Information & Special Requests: Please list only ONE name (individual or barn) to stable with				
Group/Self	Fri.	Sat.	Sun.	
Stalls				
Tack Stalls				
Stable Group:	Contact:			

I hereby agree to release, indemnify and hold harmless ISDCTA, NDA, EIDEA, IEC at Kirkwood, its instructors, officers, directors, agents, the facility owners, show management and all volunteers associated with this event from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this competition or related activities. I also hereby agree to release, indemnify and hold harmless the competition licensee, show management, show committee and members, officers, directors, agents, and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with participation in this competition or related activities.

I AGREE in consideration for my participation in this Competition to the following: I AGREE that "the Competition" and "Organizations" as used herein includes the Licensee and Competition Management, as well as all of their officials, officers, directors, employees, agents, personnel, volunteers and affiliates. I AGREE that I choose to participate voluntarily in the Competition with my horse, as a rider, driver, handler, vaulter, longeur, lessee, owner, agent, coach, trainer, or as parent or guardian of a junior exhibitor. I am fully aware and acknowledge that horse sports and the Competition involve inherent dangerous risks of accident, loss, and serious bodily injury including broken bones, head injuries, trauma, pain, suffering, or death. ("Harm"). I AGREE to hold harmless and release the Organization and Competition from all claims for money damages or otherwise for any Harm to me or my horse and for any Harm of any nature caused by me or my horse to others, even if the Harm arises or results resulted, directly or indirectly, from the negligence of the Organization or Competition. I AGREE to expressly assume all risks of Harm to me or my horse, including Harm resulting from the negligence of the Organization or Competition.

I AGREE to indemnify (that is, to pay any losses, damages, or costs incurred) the Organization and Competition and for any harm to me or my horse while at the Competition. I have read the rules of the Organization or recommendations by the Organization and Competition about protective equipment and I understand that I am entitled to wear protective equipment without penalty, and I acknowledge that the Organization strongly encourages me to do so while WARNING that no

protective equipment can guard against all injuries. If I am a parent or guardian of a junior exhibitor, I consent to the child's participation and AGREE to all of the above provisions and AGREE to assume all of the obligations of this Release on the child's behalf. I represent that I have the requisite training, coaching and abilities to safely compete in this Competition.

BY SIGNING BELOW, I AGREE to be bound by all applicable Federation Rules and all terms and provisions of this entry blank.

Rider's Signature	Parent's Signature (if rider is under 18 yrs old)	Date
Rider Emergency Contact Information		
Name of Contact & Relationship:		Phone:





*Need help preparing for
Regionals or head start on
the 2016 show season? IaDCTA
presents a dressage clinic with*
Dolly Hannon

USEF 'S' Judge, USDF Bronze, Silver, and Gold medalist
and Certified Instructor.

Riders: Saturday/Sunday Package*: IaDCTA Members \$____ - Non-Members \$____
Single Day#: IaDCTA Members \$____ - Non-Members \$____
*Includes lunch both days.



SEPTEMBER 4 & 5, 2015
Ellsworth Equestrian Center
709 Ellsworth Avenue, Iowa Falls, IA

For information contact Chris Gutierrez at 319.389.7395 or garysite42@gmail.com
For clinic details and rider forms go to IaDCTA.ORG



Gold Sponsors

Tamarack Stables

Silver Sponsors

*Heck's Habitat Haven -
Jim & Jane Heck*

Bronze Sponsors

*Prairie Ridge Farm -
Paula Meyer*

Star Sponsor

Meredith Watters

Tamarack Stables

Boarding • Clinics • Lessons
Shows • Fun Days

Tammy Lisi, Owner & Trainer

319.380.2056 • www.tamarackstablesiowa.com

4097 County Road X40 • Anamosa, Iowa



We Specialize in Good Riding



HECKS HABITAT

HAVEN

JIM AND JANE HECK



In Memory of
**Stephanie
Visser**

May 25-1965 to Feb 26-2014

*Thank you for your example
of personal courage your
enduring spirit, infectious
smile, and your love for
all things equine*

We will miss you!

Raffle proceeds go to
the scholarship fund
in memory of Stephanie.





Stephanie Visser Scholarship Fund

Memorial T-Shirts

\$22.50 each or \$20 each for two or more

unisex sizes S, M, L, XL or XXL

100% cotton

Name	Phone	Email	SIZE	Quantity	Amount Due	Payment

A scholarship will be set up in Stephanie's name with the Dressage Foundation once adequate funds are attained to sustain the scholarship for 3 years. Our hope is to be able to offer three annual scholarships of a minimum of \$300 each to three deserving USDF Region 4 AA members.

Make checks payable to our fund manager - Amanda Christensen

Mail form with check to -

SVSF in care of

Amanda Christensen

1719 Warren Avenue

Norwalk, IA 50211

QUESTIONS?

Call or text PJ Koehler at 636.577.1449

You asked!!
laDCTA is now selling jackets!
All proceeds go straight to the
club.
Order yours today.
You know you want one!

See order form on next page.



JACKET ORDER FORM			
Name:		Phone:	
Address:		E-mail:	
		Cost is \$79.95 for front & back, sleeve name add \$10	
Ladies Jacket	Size	Vinyl Color	Personalization
	XS – 4X		Design big on back, small on front, name on sleeve
Gray/Pink			
Black/Blue			
Lime Green/Gray			
Black/Gray			
Navy/Gray			
White/Gray			
Unisex Jacket	XS – 4X	Vinyl Color	Personalization
Lime Green/Gray			
Black/Gray			
Black/Blue			
Navy/Gray			
Red/Gray			
Vinyl colors match the jacket colors and can be sparkle or non-sparkle.			

Mail forms to:
 WITCHWYNDS DESIGNS LTD.
 ATTN: BECKY HOAG
 PO BOX 65272
 WEST DES MOINES, IA 50265



**RE: 2015 Sponsorship Opportunities Iowa Dressage Classics I & II –
USDF/USEF Recognized Dressage Show June 13-14, 2015 - Maffitt
Lake Equestrian Center – Cumming, IA**

On behalf of the Iowa Dressage & Combined Training Association, I am proud to offer you the opportunity to be an active supporter of our organization. For nearly 35 years, IaDCTA has been supporting and promoting the equine sports of dressage and combined training throughout the state of Iowa and across the region. As a nonprofit organization, we rely on the support of our members, donors and sponsors to help us fulfill our mission.

This year we will be offering sponsors the opportunity to support multiple events through a single sponsorship package. On June 13-14, IaDCTA will be hosting the 18th Annual Iowa Dressage Classics I & II USEF/USDF-recognized horse shows. The Classics will be held at the Maffitt Lake Equestrian Center – a beautiful, state-of-the-art equestrian facility – in Cumming, IA. Every year, the number of competitors and spectators at the Classics continues to grow, drawing dressage people from states across the Midwest. Not only is this the result of the very positive feedback received by the shows but it is also evidence that interest in dressage is spreading.

In addition to the Classics, IaDCTA provides dressage and combined training riders more competition opportunities through our IaDCTA-Recognized Show Series, which will culminate this year with the fifth annual IaDCTA Show Series Championship. The championship show combines serious competition with entertainment, bringing in a large crowd of both horse people and the general public. Sponsors are essential to the success of our organization and we certainly appreciate how much past sponsorships have allowed us to expand and improve our events.

In addition to IaDCTA, your sponsorship will also bring great benefit to Wildwood Hills Ranch, a non-profit, youth-development organization in St. Charles, IA that serves Iowa's neediest children. Every year, a percentage of the profits from our events are given to Wildwood to help fund the programs it provides to make a difference in the lives of many children. Please take a few minutes to review the following sponsorship package, which explains the numerous benefits of becoming an IaDCTA sponsor. Not only are we determined to making the Iowa Dressage Classics one of the premier dressage competitions in the region, but we are even more committed to expanding the opportunity for more people to enjoy dressage and eventing. Your support of these goals is vital.

Thank you very much for your consideration of this request.

*Regards,
Tammy Lisi
President, IaDCTA*

Iowa Dressage & Combined Training Association

2015 Sponsorship Opportunities

Platinum Sponsor—\$1,000

- Full-page, inside or back cover “thank you” in both the Iowa Classics and Championship Show programs.
- Inclusion of promotional items/materials in each competitor packet at both events.
- Two banners or other signage displayed in premium locations at both events.
- Frequent Recognition via PA system throughout the competitions.
- Complimentary vendor booth at the Championship Show.
- Premium display of logo and link on the home page of www.iadcta.org for 6 months.
- Full-page “thank-you” in the June—December issues of *The Collection* monthly newsletter.
- Display of promotional items at the IaDCTA “Concierge” tent at all IaDCTA-managed schooling shows.

Gold Sponsor—\$500

- Full-page “thank-you” in both the Iowa Classics and Championship Show programs.
- Inclusion of promotional items/materials in each competitor packet at both events.
- Two banners or other signage displayed in premium locations at both events.
- Frequent Recognition via PA system throughout the competition.
- Complimentary vendor booth at the Championship Show.
- Premium display of logo and link on the home page of www.iadcta.org for 6 months.
- Half-page “thank-you” in the June—December issues of *The Collection* monthly newsletter.
- Display of promotional items at the IaDCTA “Concierge” tent at IaDCTA-managed schooling shows.

Silver Sponsor—\$300

- Half-page “thank-you” in both the Iowa Classics and Championship Show programs.
- Inclusion of promotional items/materials in each competitor packet at both events.
- Frequent Recognition via PA system throughout the competitions.
- Complimentary vendor booth at the Championship Show.
- Display of logo and link on the home page of www.iadcta.org for 6 months.
- Quarter-page “thank-you” in the June—December issues of *The Collection* monthly newsletter.

Bronze Sponsor—\$150

- One-fourth page “thank-you” in both the Iowa Classics and Championship Show programs.
- Frequent Recognition via PA system throughout the competitions.
- Complimentary vendor booth at the Championship Show.
- Display of logo and link on the home page of www.iadcta.org for 6 months.
- Business card-size “thank-you” in the June—December issues of *The Collection* monthly newsletter.

Star Sponsor—\$75

- Business card-size “thank-you” in both the Iowa Classics and Championship Show programs.
- Frequent Recognition via PA system throughout the competitions.
- Display of logo and link on the home page of www.iadcta.org for 6 months.
- Business card-size “thank-you” in one issue of *The Collection* monthly newsletter.

- **Class Sponsor—\$75 (Classics) - \$50 (Championship Show)**
 - Naming rights to selected class, sponsorship announced before and after class.
 - Inclusion of business card size “thank you” in show program.
- **Friend of the Shows—\$30**
 - Listing in show program as “Friend of the Show”
 - Listing on www.iadcta.org as “Friend of the Show”

Iowa Dressage & Combined Training Association

2015 Sponsorship Form

Sponsorship applications are due by **June 1**.

How to Sponsor:

1. Complete the form below and send to Tammy Lisi. Email: tlisi@tamarackstablesiowa.com; By mail: 4097 County Road X40, Anamosa, IA 52205
2. Submit payment via check or credit card using this form OR through the secure payment system on www.iadcta.org. Checks should be made payable to **IaDCTA**.
3. Artwork may be submitted via email or in hard copy. Show programs will be printed in B&W, but will be available online in color. Online newsletter and website ads in color. Full-page: 7.5" x 9.85". Half-page: 3.65" x 9.85" (vertical) - 7.5" x 4.85" (horizontal). Quarter-page: 3.65" x 4.85". Business card: 3.5" x 2". Acceptable electronic formats: PDF, JPG (at ad size), or Publisher files. Minimum of 300 dpi.

Name		
Company/Organization		
Billing Address		
City, State, Zip		
Telephone		
Fax #		
E-Mail		
Website		
Payment Type: <input type="checkbox"/> Check <input type="checkbox"/> Credit Card (using form below) <input type="checkbox"/> Credit Card (on website)		
CC#:	Exp:	3-digit code:
Signature/Date:		
Sponsorship Level:		
<input type="checkbox"/> Platinum—\$1,000 <input type="checkbox"/> Gold—\$500 <input type="checkbox"/> Silver—\$300 <input type="checkbox"/> Bronze—\$150 <input type="checkbox"/> Star—\$75		
<input type="checkbox"/> Class Sponsor—\$75 per class (Classics) - \$50 per class (Championship Show)		
# of class sponsorships: _____ Class Preference: _____		
<input type="checkbox"/> Friend of the Shows—\$30 How would you like to be listed? _____		
Total Amount of Sponsorship:		
Additional notes:		

**laDCTA 2015 MEMBERSHIP & HORSE/RIDER
NOMINATION APPLICATION**

*Membership Year Runs December 1,
2014 to November 30, 2015*

Join, Renew or Donate

Online at

www.ladcta.org

The Iowa Dressage & Combined Training Association (laDCTA) is a USDF Group Member Organization (GMO). By joining laDCTA, you automatically become a USDF Group Member. However, to become a USDF Participating Member, you must apply directly to the USDF.

Name: _____ Email: _____

Street Address/City/State/Zip: _____

Home Phone: _____ Cell Phone: _____ Other Phone: _____

Referred by: _____

> MEMBERSHIP BENEFITS:

All Adult, Junior and Family Members of laDCTA will receive the laDCTA Collection electronically and the USDF Connection magazine. In addition, Adult, Junior and Family members are eligible for laDCTA year-end awards and will automatically become Individual Group Members of USDF. Please choose your membership type below:

_____ **Adult Membership – \$45** - Includes benefits listed above and gives the member ONE vote for laDCTA elections.

_____ **Family Membership - \$50 plus \$10 for each additional member** – Includes above benefits and TWO votes for laDCTA Elections. The primary member will be the person listed at the top of this form. The primary member's fees are included within the first \$50. Please list additional family members below at an additional cost of \$10 per member. (For example: If you are applying for a family membership as a couple, you will pay \$60. If you apply for a family membership that includes a parent and two children, it will cost \$70).

_____ **Junior Membership (21 years & under) - \$35** – Includes benefits listed above, but does not include an laDCTA vote. If applying as a Junior member, please provide your age _____ and date of birth _____.

> YEAR-END AWARD NOMINATIONS - \$10.00 (per horse/rider combination) makes each combination eligible for laDCTA Championships, Horse of the Year Awards & Qualified Rider Awards. Please see the Member Handbook for additional information on the requirements for Year End Awards.

#1 Rider: _____	Horse Name/Breed: _____	Blanket Size: _____
#2 Rider: _____	Horse Name/Breed: _____	Blanket Size: _____
#3 Rider: _____	Horse Name/Breed: _____	Blanket Size: _____
#4 Rider: _____	Horse Name/Breed: _____	Blanket Size: _____

> MAKING A DONATION TO laDCTA:

laDCTA Betsy Coester Memorial Grant Fund for Education – Fund supports grants to individual members for tuition for educational events. If desired, donation can be made as a special gift or memorial.

Amount: _____ In Memory of: _____

laDCTA General Fund – Donations used to further laDCTA's commitment to educating its members.

Amount: _____ In Memory of: _____

>> TOTAL ENCLOSED (For Membership, Nominations & Donations): _____ Check # _____ Date: _____

Mail this form with check, payable to "laDCTA" to: Sharon Malmberg, 275 NE Sunrise Drive #18, Waukee, IA 50263, laDCTA is a 501 (c)(3) non-profit organization. All donations are tax-deductible.

CHANGE OF HAND



FOR SALE: Schleese Heike Kemmer dressage saddle, 17.5" seat, cutback shoulder and fully adjustable tree, \$3200, Paula Meyer 515-556-3629



FOR SALE: 15 year old 16 hand bay gelding registered– American Warmblood Society (QH/TB). Shown through second level dressage. Paula Meyer 515-556-3629

IN BRIEF

Letters to the Board — IaDCTA is welcoming its *Collection* readers to submit any concerns or kudos to collectioneditor@hotmail.com.

Change of Hand— Due to members not notifying editor when items sell, all items will run for two months and then be removed unless member notifies *Collection* editor.

IaDCTA and The Collection do not accept responsibility for statements or claims made by advertising placed in this publication. Signed articles represent the opinions of the writer and not necessarily those of the publication or IaDCTA.

Have a picture for the Collection?
Send it to collectioneditor@hotmail.com
Or barrowcliffk@yahoo.com

IaDCTA Mission Statement:

To encourage & support interest
in dressage & combined training
by providing:

- Educational Opportunities
- Competitions
- Information
- Acting as a liaison with
USDF and USEA
- Marketing of all IaDCTA
activities throughout the
state and region.