



FOOTHILLS RIDING CLUB



IN THIS EDITION

Winters Delight & Rider Awards Night

2024 Award Divisions

2024 Board Members

Parenting from the saddle

JANUARY 2024

Many believe that a New Year is the time for a fresh start and for stating what will (or will not) be accomplished in the coming year. Our favorite four-legged companions have no concept of the term “resolution”, but it is fun to imagine what theirs might be.....I will always load onto the trailer the first time. I will never stop to poop during my dressage test. I will not chew my neighbor’s blanket. I will never practice airs above ground when the paddock is muddy.

The FRC board has been busy planning for another fantastic year. Keep an eye on our NEW website for updates.

You are invited to join the Foothills Riding Club in celebrating our Annual Winter's Delight & Rider Awards Night. This is a great opportunity to socialize with friends and honor our exceptional riders who have performed well in the show ring over the past year!

As a special gift, each award winner will be able to attend the event free of charge. However, all the other guests who would like to attend the banquet will have to purchase a ticket for \$50. It's important to note that every attendee must have their name on the list to get in the door. You can use Club Bucks to pay for your ticket, which can cover up to 100% of the ticket price.

Foothills Riding Club Invites You To Our

Winter's Delight
& RIDER AWARDS NIGHT

January **20TH** 6 PM

Green River Plantation
6333 Coxe Rd, Rutherfordton, NC 28139



AWARD WINNERS ARE FREE TO ATTEND
ALL OTHER GUESTS ARE \$50 PER TICKET

For Details & Tickets go to <https://bit.ly/frc-awards>

2024 AWARD DIVISIONS

In order to better align with the classes most frequently entered, FRC has made a few changes to the divisions that will be eligible for year-end awards. The following divisions will be presented with Champion, Reserve Champion, 3rd and 4th place starting with the 2024 season.

Intro Jr.

Intro Sr.

Training Level

First Level

Second Level and above

Training Combined Test

Novice Combined Test

Beginner Novice Combined Test

Starter Combined Test

Grasshopper Combined Test

Working Equitation

Reminder! Only members are eligible for year-end awards. It's that time of the year again when you need to renew your FRC Membership for 2024.

To update your membership, simply visit

<https://form.jotform.com/erin.e.stroud/2024-membership-form> or print and mail the form on the following page.

Please ensure that you input your correct email. We have some exciting events lined up for next year and we don't want you to miss out on any of them, so please make sure to update your details accurately.



2024 FRC MEMBERSHIP APPLICATION

Membership into the FRC is a great idea. Perks include an informative, emailed monthly newsletter, discounts on club-sponsored activities, educational programs, socials with fun people, scholarship opportunities and year end awards! Join now with any one of our three membership options below.

- **Individual (\$25)**
- **Family (\$30)**
- **Business (\$35) – includes a free business card sized ad in our monthly newsletter!**

Name (s): _____

Family Members: _____

Business Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **E-Mail:** _____

Please write legibly! The club is not responsible for members not receiving club communications due to illegible membership forms.

Check ALL interests: Dressage Eventing Western Dressage Working Equitation

Pleasure Riding Endurance Fox Hunting Hunter/Jumper Breeder Driving

Hunter Pace Trail Riding Social member only Other: _____

Ideas for clinics, horse events, educational seminars or social events for 2024:

I am available to volunteer for club sponsored events (list volunteer job you would like)

I am available to help set up (usually Thurs) before the show

Make your check payable to FRC and mail to: FRC, P. O. Box 637, Landrum, SC 29356.
If you have chosen to join as a Business Member, please attach your business card with
this application! You can also join on-line at www.foothillsridingclub.org

For questions, please contact foothillsridingclub@gmail.com. Thank you for your support!
Check our website for info, updates & more! www.foothillsridingclub.org

GET TO KNOW FRC'S NEW BOARD MEMBERS

Aubrey Eisenman

Aubrey Eisenman is an Asheville, NC resident originally from the mountains of Vermont. She is an upper level event rider with her own boarding and training facility in Asheville. She has two young children ages 7 and 4, a dog, ducks and too many horses! In addition to her love of training horses and people to ride, she is a former US Marine and sometimes likes to run a little boot camp at her farm!



Kristen Griffith

Kristen and her husband, Lee, were born and raised in the Carolina Foothills. After college, they lived in Raleigh for several years and now live on a small farm in Bostic with their horses, dairy goats, and cats. Kristen has been a horse girl since childhood, trading her Breyer horses for real ones at her earliest opportunity. After spending years trail riding, she joined Foothills Riding Club in 2022 and has enjoyed learning about dressage alongside her horse, Sawyer, ever since. She is excited to join the FRC Board and hopes to meet new friends while serving the great group of members!

New board members continued



Jacqui Lanier

Jacqui grew up riding and showing hunters but took a couple decades off to grow her law practice and raise two children. In 2018, she reignited her passion for horses and now cares for five of her own at her farm near Gowensville. Both Jacqui and her teenage daughter are active horse show participants and the family recently purchased Motlow Equestrian Center where they operate a full care boarding facility. Jacqui is so excited to serve on the FRC Board and give back to such a thriving organization!

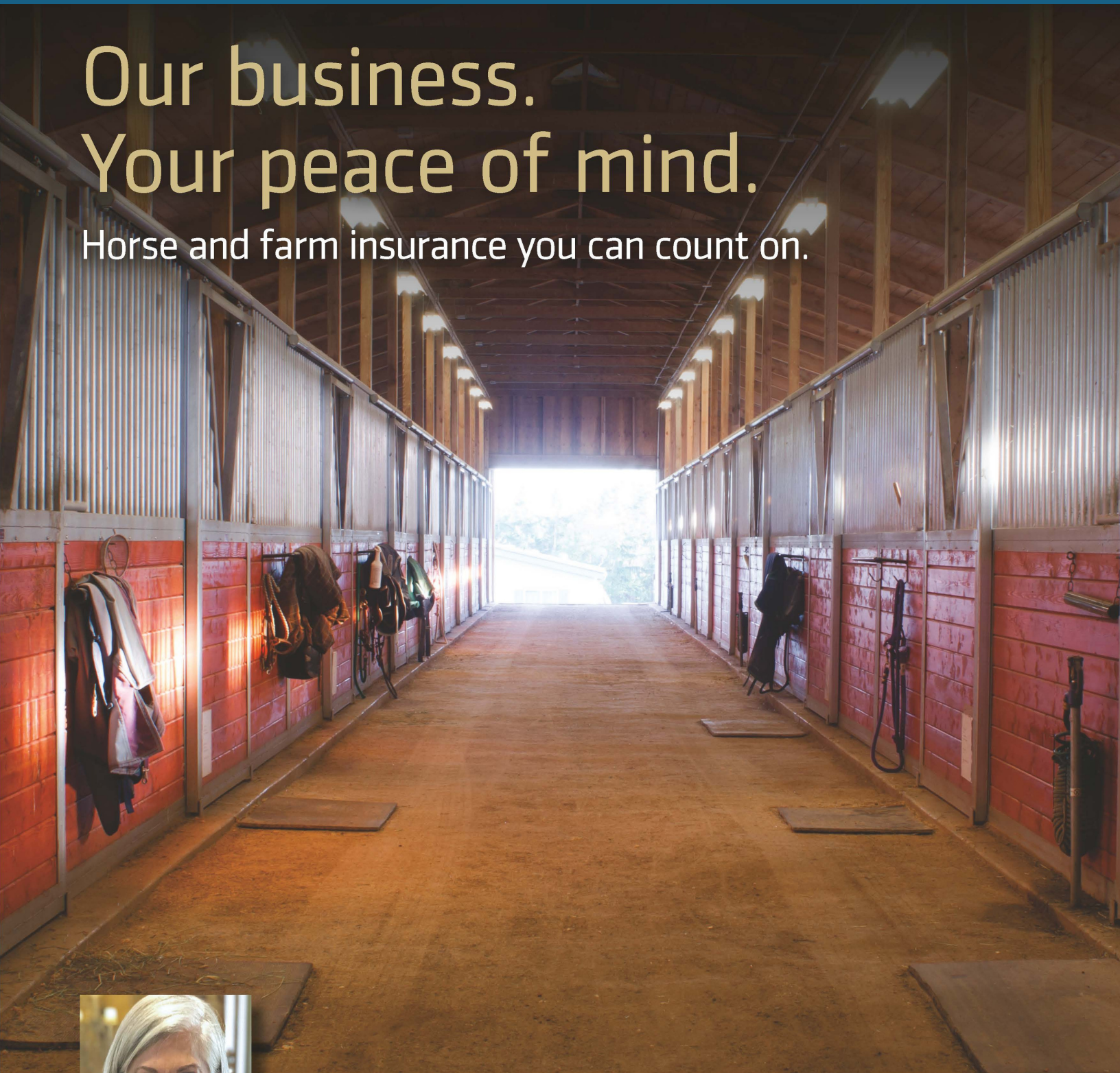
Jan Bellows

Born and raised in the briar patch. I currently reside in Weaverville NC and travel for lessons and shows. It's such a privilege to serve on the FRC board once again with a wonderful group of members. I love sharing our passions with everything horse. Let's make 2024 the best year yet.



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PARENTING FROM THE SADDLE, FOR MY HORSE RIDING MAMAS

Submitted by Carrie “saddle up your dreams” Kimmell

I've been getting a lot of messages from Horsey Mamas.

Horsey Mamas are horse girls who've become moms somewhere along the way.

We're the ones who refused to outgrow our horse phase.

The ones who are trying to stay in a saddle despite taking on the new identity of “mom”.

Fighting ourselves to validate the pursuit and validate the time and money spent on our ponies.

It's a path I've been down and it ain't for the faint of heart.

So today's message is going to be a little specific.

And it may not be for all of you. I get that.

But I'm going down this path anyway.

Because I think it matters.

Because even if you're not a Horsey Mama, you might be married to one. Or you might be a mother or father to this girl who just refuses to let her horses go even though she has kids and needs to “finally learn how to be responsible”.

Or you might be someone who has a different dream. So just replace “horse” with whatever your dream is.

Anyhow - I'm going to skip straight to the punchline.

You need to do it. You need to keep riding. Or doing whatever your thing is.

You need to figure out how to retain that sacred piece of yourself amidst the madness and chaos of motherhood (or fatherhood).

And you need to do it however, whenever, and wherever it works for you.

For some of you, that's going to mean boarding your horse.

Parenting from the saddle continued

For others of you it's going to be having a horse at home.

So you can sneak out to the barn anytime you have a free moment (which ends up being a different time every day!).

For some of you it's going to be selling the fancy young horse and buying the middle aged horse that's more your speed (yes, I encouraged a special Mama to do that for herself and it's been the best decision she's ever made).

Because here's what I've learned.

It's about doing whatever YOU need to do to keep it easy for YOU.

It's about doing whatever puts you in a position to do it the most often and the most consistently.

Because when we do things consistently, we get better.

And when we get better at something, we want to do it more.

It's a good kind of vicious cycle.

We surprise ourselves with what our bodies are capable of.

We surprise ourselves with the freedom found when the wind is at our backs.

We believe in ourselves.

And then we become EMPOWERED.

And when we're empowered WOMEN - then who knows what's possible?

But I think it's a LOT.

So if you're trying to figure this thing out, please feel free to reach out.

I have done a lot of soul-searching and a lot of self reflection to get to a place of feeling good about including horses in my life on a consistent basis.

I am a better mom for it.

And my kids understand life at a depth they wouldn't otherwise.

My kids understand passion.

Parenting from the saddle continued

They understand dogged, relentless, unapologetic pursuit.

They understand consistency, focus, and attention.

They understand the difference between an excited mama and a sad mama (who's not riding).

They understand animals. And devotion.

They understand what's at the heart of a dream.

And that we can go after dreams just because we want to.

They understand that we are ALL worthy.

And they understand what it means to believe in people.

Because they know how good it feels, how much it matters when someone believes in them.

And thus they advocate for themselves and their dreams.

See, by continuing to honor myself, I have honored my children.

Because I have honored my future, they honor theirs.

Because I honor my dream no matter what my age, they will see their own value no matter their age.

So yes - in the short term - it is WAY hard.

In fact it would be MUCH easier to quit.

MOST days I have WANTED to quit.

But there's always a whisper in the back of my mind or maybe in my heart - to show up anyway.

And on those precious perfect days, where everything goes right - then - I know it's been worth it.

So Mama - get yourself to the barn.

Get yourself in the saddle.

Parenting from the saddle continued

It is a compounding investment in yourself AND in your kids for the long-term.

And if you need permission to see it this way - I'm here to give it to you.

Just like someone gave it to me.

Now swing yourself up into the saddle (or use the mounting block).

But however you do it - make sure you're getting on.

And go forth with your dreams alive and intact.

For we are all better off when you're taking care of you.

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Horse Show Etiquette Educational Video

It's a new year and the start of a new show season which means it is time to refresh our memories on horse show etiquette with "FRC rules for entering a horse show"!

FRC shows are designed to be a laid back and fun experience for riders and horses. They are unrecognized but still follow USEF guidelines. Whether you are new to showing or just need a refresher, this video from our Education team will help you make the most out of your show experience! [Click here](#) to watch on our YouTube page.

Highlights include:

- How not to aggravate the show secretary
- Warm-up ring etiquette
- What to do once you get to the ring
- Tips from Margaret Freeman, USEF Senior dressage judge

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FRC NOW HAS AN ONLINE STORE!

We are thrilled to announce that our online FRC swag store is now officially open. We have partnered with Grand Impressions Design Co. to offer over 40 different items, including saddle pads, beanies, vests, and shirts, all featuring our logo. We have carefully selected items that are both comfortable and stylish for everyone. Although the turnaround time is a bit longer, the quality is excellent. You can also use Club Bucks to purchase items from the store. If you would like to use Club Bucks, please send an email to Erin at erin.e.stroud@gmail.com with the amount you would like to use, and we will provide you with a gift card for the online store with the matching amount for you to redeem. If you need any assistance with ordering or have any questions, please don't hesitate to contact us.

Follow this link to the online store:

<https://grandimpressiondesign.com/collections/foothills-riding-club>



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BIT O' NEWS

DO YOU HAVE A NEW HORSE?
ACCOMPLISH SOMETHING NEW?
HAVE A FUNNY PHOTO OR
TIDBIT TO SHARE? SEND IT TO
FRCNEWSLETTERS@GMAIL.COM

FRC Scholarship Application

FRC is proud to be able to award four scholarships annually. In order to qualify for an FRC Scholarship, you must be a current FRC member at the time of your application. Additionally, your request must be for a rare educational opportunity or clinic or a championship competition purpose directly related to your riding discipline. In exchange, scholarship recipients must give back to the club in some tangible way.

Scholarships are for a maximum of \$250; four awarded yearly

- Scholarships for May, June, July events are due April 1st
- Scholarships for August, September, October events are due July 1st
- Scholarships for November, December, January events are due October 1st
- Scholarships for February, March, April events are due January 1st

If there are more than 4 applicants, volunteer service to the club in the current and preceding membership year will be taken into awarding scholarships.

Applicants will be notified of acceptance after review by the FRC Board.

I wish to apply for an FRC Scholarship for:

Name: _____

Address: _____

Phone: _____ email: _____

Specific Purpose for Scholarship Request (include name, date, place)

How will you benefit from attending this event?

How will you "pay back" your scholarship to the club? Creative ideas welcomed!

Please submit your application to:

FRC President P.O. Box 637 Landrum, SC 29356

Note: In the event that you are unable to fulfill the scholarship requirements the scholarship money must be returned.

CLASSIFIEDS

Do you have your own tack/horses/equipment, etc to sell or events to promote? Members can post these items in the newsletter for FREE!

Email frcnewsletters@gmail.com

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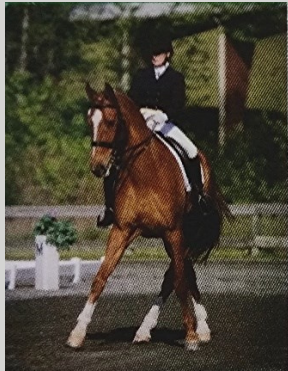
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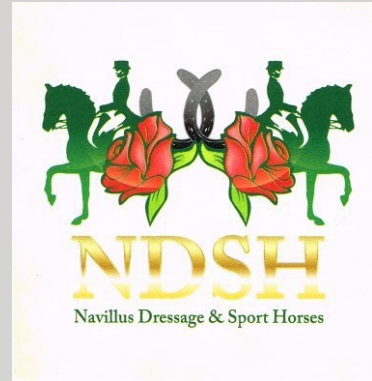
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