



## IN THIS EDITION

**Introduction to  
Yarden Cohen**

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**Working Equitation  
Scholarship**

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**Meet A Member**

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**Why you shouldn't  
get into horses**

## JULY 2024

We were thrilled to be able to host a Hunter Pace in conjunction with the Western Carolina Hunter Pace Series at the beautiful Circle Z Farm. The full photo gallery is up on our website at <https://foothillsridingclub.org/shows/#showphotos>.

While August is going to be a quiet month for FRC, we have an exciting line-up of events coming for the fall. Be sure to save the dates for the Daniel Stewart clinic (page 4) and a seminar all about Equine Osteopathy coming up in October (more on page 6)!

Visit our website to register for all upcoming events, <https://foothillsridingclub.org>



## 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:

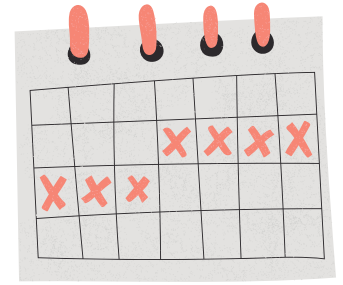
I am available to volunteer for club sponsored events (list volunteer job you would like)

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](http://www.foothillsridingclub.org)

For questions, please contact [foothillsridingclub@gmail.com](mailto:foothillsridingclub@gmail.com). Thank you for your support!  
Check our website for info, updates & more! [www.foothillsridingclub.org](http://www.foothillsridingclub.org)

# UPCOMING EVENTS



## September

**9.7 Dressage & Combined Training Show at FENCE**

**9.8 Dressage Show at FENCE**

**9.21 & 22 Daniel Stewart Clinic at Lollybrook Farm**

## October

**10.17 Osteopath seminar with Yarden Cohen at FENCE house**

**10.26 Dressage & Combined Training Show at FENCE**



## JOIN THE BOARD!

Consider giving back to the riding community by joining the Foothills Riding Club board.

Contact [foothillsridingclub@gmail.com](mailto:foothillsridingclub@gmail.com) for more information.

# RIDING CLINIC & SYMPOSIUM WITH DANIEL STEWART

September 21st & 22nd, 2024  
Lollybrook Farm  
743 Hickory Grove Church Rd,  
Columbus, NC 287222

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This empowering clinic and symposium helps build confidence and courage by overcoming fears, failures, and frustrations. It's ideal for anyone who feels nervous, experiences show jitters, struggles with mistakes or memories, or simply wants to add more joy to their life.

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**1 and 2 Day Options**  
**Sat- Flat Day & Sun- Jump Day**  
**Discounts for FRC Members**  
**Auditor is available.**  
**Registration is required.**



Register today at [foothillsridingclub.org/clinics](https://foothillsridingclub.org/clinics)



## Job Opportunity: Horse Show Secretary



Ever wondered what it's like to be a horse show secretary? Now's your chance to find out! Our beloved secretary is retiring at the end of the year, and we're looking for someone to step into the role for 2025!

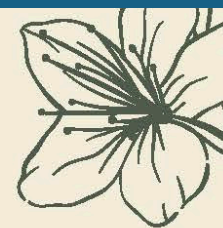
What we need:

- ◆ Tech-savvy skills (our registration and scoring are fully digital)
  - ◆ Organization (we average 100-140 rides per show)
- ◆ Strong communication (our team works together to run smooth, efficient shows)

There is compensation for the secretary for each show. Interested? Email our President, Erin Stroud-Parker, at [president@foothillsridingclub.org](mailto:president@foothillsridingclub.org). You can shadow our current secretary for the rest of the year and get all the details. Join us and be a part of our amazing team!



# WHAT IS OSTEOPATHY?



Equine Osteopathy is a hands-on therapy that considers the body as a unified entity, comprising three essential systems:

1. **Parietal:** Focusing on muscles and bones, this system delves into the structure and biomechanics of your horse.
2. **Craniosacral:** Examining the connection between the cranium and sacrum, this system explores its function and impact on immunity and vitality.
3. **Visceral:** Centered around the internal organs, this system explores their neurological and fascial connections and their profound influence on your horse's well-being and movement.

At the heart of Equine Osteopathy lies the belief in addressing the root cause of symptoms, allowing the body to rediscover its balance and achieve and maintain homeostasis. By restoring mobility, we pave the way for proper neurological and vascular function, reducing stasis, congestion, inflammation, and pain—all contributing to a happier, healthier, and more agile horse.

**SAVE THE DATE!**  
**Yarden Cohen**  
**seminar on**  
**October 17th at**  
**FENCE**



# WHAT DOES AN OSTEOPATHIC SESSION LOOK LIKE?

Every session begins with a comprehensive evaluation, encompassing all three systems to establish connections and identify areas of concern.

Drawing from a deep understanding of equine biomechanics and neurology, I then proceed to mobilize these systems where needed. Although some liken this to chiropractic care, it's important to note that osteopaths follow unique techniques and protocols.

**The founder of Osteopathy, Andrew Taylor Still, D.O. said,  
“You find it, you fix it, then you leave it alone to let nature do the rest.”**

This simply means that after a session we let some time go by to allow the body to heal, adapt, and compensate on its own. The frequency of the need for an osteopathic session varies based on age, condition, past and current job, medical and emotional history, diet, stress etc.

## A LITTLE ABOUT ME

**Hi! Thank you for making it this far!** I graduated in May 2021 from the [Vluggen Institute of Equine Osteopathy and Education](#).

For nearly a decade, I've been immersed in the world of the Cutting Horse industry, constantly seeking the best ways to ensure the health and vitality of the horses in my care. The pursuit of maintaining their soundness and well-being throughout their demanding careers while securing their future led me on a remarkable journey—one that ultimately brought me to the transformative practice of Equine Osteopathy.

Osteopathy is so much more than just a one-off treatment that benefits all who give it a chance. I would be honored to introduce you to the practice and help you and your horse continue to build a long lasting partnership.



# HUNTER PACE

Submitted by Kristen Griffith

The Foothills Riding Club Hunter Pace was held in conjunction with the Western Carolina Hunter Pace Series Year End Awards Gathering on Saturday, June 8th, at Circle Z Farm.

It was a fabulous day for a ride! The weather was great, and the trail featured creek crossings, beautiful wooden bridges, and optional jumps. Kudos to those who cleared and marked the trails - there was no mistaking where to go with the big yellow arrows! Riders enjoyed many spectacular views along the way.



Foothills Mountain Barbeque served a delicious meal of hot barbecue chicken or pork, along with sides, a cookie, and a refreshing cold drink.

Special thanks go to landowners Gerry and Sara Zordan for making the day possible!





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**FRC is happy to introduce a new youth program going into 2024. Interested in joining? Want to learn more? Sign up for a membership and let us know about the young members in your family to be included on future mailing lists.**

**The purpose of the FRC youth program is to encourage young members (under 18) to become involved in the Riding community. Further, the program seeks to provide educational, team-building and community growth opportunities while helping to instill important work ethic, horsemanship and camaraderie values.**

**For more information send a message to [aubrey.eisenman1@gmail.com](mailto:aubrey.eisenman1@gmail.com)**

# WORKING EQUITATION SCHOLARSHIP

**Submitted by Melissa Van Doren**

Meaghan Morris and I took advantage of the wonderful opportunity to apply for an FRC Scholarship in order to participate in a 3-day Working Equitation clinic earlier this year. We're so appreciative of the financial help - available to ALL FRC MEMBERS who have volunteered at least 4.5 hours - and we're happy to let everyone know we had a great time and learned a ton. Scholarships (max \$250/person) are available each year, and you can find application rules in this newsletter. There's a general fund AND a specific fund for Working Equitation riders!

Working Equitation combines dressage, obstacles and cattle. With five levels from Introductory to Masters, and four competition phases, there's a lot going on and a lot to learn. I watched top European riders on YouTube for years, thinking it would be fun to try someday. When local WE trainer Megan Malan started offering monthly obstacle lesson days at Spiegel Farm in 2023, I jumped at the opportunity and Meaghan jumped with me. Within six months, we participated in a clinic offered by Working Equitation of NC at TIEC, taking a small group lesson with "S" judge Doreen Atkinson. Like Megan, Doreen is an engaging and encouraging instructor, so when Three Bulls Farm in TN announced she'd be teaching their Spring clinic this year, we decided to make it our first away-from-home WE adventure. I took Suzanne Nichols' APHA gelding, Harley, and Meaghan took her own AQHA partner, Kenai, and off we went to beautiful Bulls Gap, TN.

Three Bulls is a beautiful, spacious facility, set in the rolling hills about an hour NE of Knoxville. Maria Blackstone and family raise Angus and Wagyu cattle and their well-designed equestrian center provides plenty of room for clinic and show participants in dedicated guest barns, with an indoor arena, outdoor, climate-controlled meal and meeting space and top-notch hospitality. They regularly host clinics, charity fundraising events, working equitation competitions, vaulting competitions, barrel racing, 4-H events, a farmer's market and Triple T Bull Riding events. In October (3-6), they will also host the 2024 Working Equitation USA Eastern Zone Championships. After a couple hours on the trailer, Harley and Kenai were happy to get out and take a walk around the farm, enjoying the views over the pastures and stretching their legs in the outdoor as we greeted new friends and old coming in for the weekend.

## Working Equitation Scholarship

With the trailer unpacked, the horses settled into their stalls, and dinner taken care of by the unending buffet in the Three Bulls event room, Meaghan and I headed for the historic Hale Springs Inn in nearby Rogersville, TN.

We were up with the sun and back to the farm for morning chores, handwalking and breakfast. Then the lessons began. Doreen was joined in the indoor by FEI grand prix trainer/competitor and USDF Gold/Silver/Bronze medalist Pati Pierucci and together they taught and taught and taught and taught. Two riders with each instructor at opposite ends of the arena, for 40 minutes each, consecutively, for two very full days. Whew! Doreen focused primarily on correct execution of obstacles, while Pati refined rider positions, transitions, suppleness and balance. Both were unfailingly supportive and positive and every single rider/horse combo improved and enjoyed the experience. On the third day, all clinic participants rode a full Ease of Handling course in the morning, receiving scores and remarks as if they were showing. Then (yes... more!), the final piece of the clinic was a chance to learn about and participate in cattle working with Three Bulls family member, Arielle Funaro, herself a WE competitor, and a small herd of (mostly - lookin' at you, Frass) cooperative Angus heifers. At breakfast, lunch and dinner each day, there was much laughter and discussion about the day's efforts as well as a chance for further discussion about the sport. Doreen and Pati sat with us and answered approximately 4,679,322 questions with a smile, humor and unending enthusiasm.

As the barns emptied out Sunday afternoon, Meaghan and I packed up and headed home tired but energized. There's always something special about going away from home for an extended period with your horse. The extra effort required of both team members enhances your connection and trust in each other, and you often find a new depth to your partnership. We were proud of Harley and Kenai for quickly adapting to an entirely new situation, as well as how honestly they tried to follow our directions throughout the weekend. We've continued our WE journey, taking more lessons and competing in a couple schooling shows since we left Three Bulls in the rearview mirror, feeling grateful, happy and confident that that experience definitely boosted our progress in the sport. We hope other FRC members will take advantage of the scholarship opportunity to give themselves and their horses a similar leg up.



# 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 1<sup>st</sup>
- Scholarships for August, September, October events are due July 1<sup>st</sup>
- Scholarships for November, December, January events are due October 1<sup>st</sup>
- Scholarships for February, March, April events are due January 1<sup>st</sup>

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:*

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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.*

# MEET A MEMBER

## An Equestrian You Admire

In the horse world, I'm really inspired by Chelsea Canedy. She's an eventer in Maine who has a very thoughtful approach to horsemanship. I first heard about Chelsea through her Equestrian Masterclass courses, and then I trained with her in the winter of 2023 when she was in Florida.

Chelsea has taught me so much about how horses learn, how to be present with my horse, and how to regulate my emotions when working with my horse. One of her frequent sayings is, "Be the thermostat, not the thermometer." In other words, don't let your emotions intensify when your horse's emotions intensify (rising like a thermometer), but instead, regulate your own emotions (like a thermostat) when your horse gets "hot."

Through working with Chelsea, I made one of my horsemanship goals to communicate with my horse in a clear and consistent way. I'm continuing to work on that goal with Susan Hancock here in Columbus, who also has a very thoughtful approach to horsemanship.

If you're working with horses, you'll also be learning, and I'm so grateful for all I've learned through my teachers!



# MARY HURSTON MCCANTS

Years of Membership:  
I just joined this April

Disciplines:  
Eventing and Dressage

Favorite Food:  
Hot carbs

Favorite Music:  
I enjoy all types of music - particularly anything with a funky and/or folksy beat

Favorite horse movie:  
Secretariat

Favorite non-horsey thing to do:  
Baking and playing with my dog

Favorite thing about FRC: Access to great events and community right down the road

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# WHY YOU SHOULDN'T GET INTO HORSES

Submitted by Carrie “a hopeless case” Kimmell

Over the last couple years I've started saying something that surprises most people.

And that is - I don't necessarily recommend that young people get into horses.

“What?!?!” you say.

“But you've built your life around horses.”

And you would be right.

But if the child in question isn't actively begging for riding lessons - I might steer them to an activity with less financial impact.

And less heartbreak.

I might steer them in a direction which allows them more direct control over the outcome of their efforts.

Because any way you slice it - horses are an expensive gamble.

So you're starting an uphill battle from day one - just to stay in the saddle - let alone excel.

And forget when the time comes to buy a more “talented” horse - then you're really in for some sticker shock - and you're about to learn what commitment really means.

But...

If you or your kid has already fallen headlong...



## Why you shouldn't get into horses

With reckless unbridled abandon...

Then I have nothing for you.

Because the damage is done.

And speaking for myself - I have not found a route of extrication.

So if you're already in too deep - then know you're not just committing to a sport but also a lifestyle.

You're committing to seven days a week...

1 horse or 10 horses deep...

A different kind of love affair.

And heartbreak carried on four legs.

Because once the horse has imprinted itself on your heart...

You don't have a whole lot of choice in the matter.

Instead you've surrendered to their soulful eyes.

Soft muzzles.

And the hybrid power of horse and human in tandem movement.

And like an addict - you'll do all that you can to keep them in your life.

Because you know that you're better with them than without them.

Better off with less money in the bank and more poop in the pasture.

## Why you shouldn't get into horses

Better off without the manicure and more dirt under your fingernails.

Because for better or worse - the horse has become part of who you are.

And so you'll muck the stalls and fill the waters and fix the fencing...

You'll learn to drive a trailer and go to horse shows ...

And one day you'll cry over the loss of your companion, your comrade, your dreamkeeper...

But in spite of all that -

At every bend - you'll change your path to keep horses in it...

All for just a few more hoofbeats on your heart.

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# FRC HAS AN ONLINE STORE!

We are thrilled to announce that our online FRC swag store is 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](mailto: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>



# Follow Foothills Riding Club!



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[Foothills Riding Club](https://www.youtube.com/FoothillsRidingClub)



## 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](mailto:FRCNEWSLETTERS@GMAIL.COM)

# 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](mailto:frcnewsletters@gmail.com)

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Do not hesitate to call for more information.

Judie Klapholz  
FelaSam Farm  
[13judierose@gmail.com](mailto:13judierose@gmail.com)  
323-702-2877

# CLASSIFIEDS

Custom Saddlery Everest R Monoflap Dressage Saddle \$2,200 firm. The person I bought it from had a nameplate, so that can faintly be seen on the back. This saddle is in amazing condition, has always been tack room-kept and taken great care of. Unfortunately, the horse it was bought for is retired and it does not fit the new horse. Happy to answer any questions. Local trials only. Contact Natalie, [natalie.schembra@gmail.com](mailto:natalie.schembra@gmail.com)

Seat size: 17.5

Estimated Tree Fit: MW

Flap Size: standard

Flap Length: 16"

Color: black (camel/caramel welt)

Panels: wool flocked (reflocked in 2023 and has not been ridden in since)

Serial Number:

32545

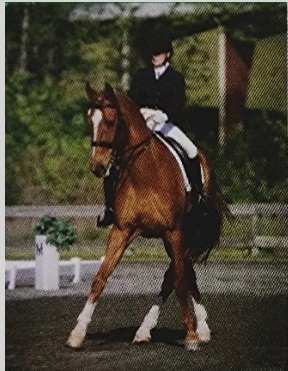
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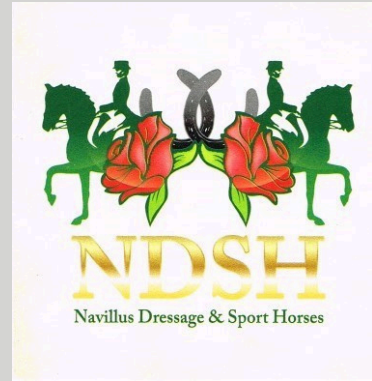
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Awards: Sue Mullen

Educational Seminars: Edith Cahoon

Hospitality: Kristen Griffith

Volunteers: Melissa Van Doren

Special Events: Jan Bellows

Youth Coordinator: Aubrey Eisenman