

**Foothills CDS
Board Meeting Agenda
February 7, 2020**

The California Dressage Society

is an organization whose purpose is to foster an interest among horsemen in Dressage. The program of the Society is educational, designed primarily to offer a framework in which individuals can progress with the schooling of themselves and their horses.

CDS is an opportunity - to share, to experience, to learn and to contribute.

Present:

Executive Board Meeting Called to order: 8:19 am – Ana Gilmour, Anna Zablah, Vickie Siever; Cristi West (8:36)

Board Strategic Planning Meeting called to order by Anna Z at 9:15 am – Debbie Doss, Kathy Cain, Vickie Siever, Christine Hendricks, Mari Naten, Anjolie Darijani

Juniors present: Jouelle Kimura, Abby Siever, Savannah Sheldon, Emily Zablah

Board Norms:

- ❖ **Maintain Confidentiality**
- ❖ **Consider New Perspectives/Think out of the box**
- ❖ **All voices will be heard**
- ❖ **Common Goals**
- ❖ **Respect & trust for peers/roles**
- ❖ **Listen**
- ❖ **Stay Positive**
- ❖ **Be accountable/assigned tasks**
- ❖ **Constructive criticism is valuable**
- ❖ **Be on Time**
- ❖ **Respect Roles/Stay in your lane**
- ❖ **We are one voice/Cohesive**
- ❖ **Solution Oriented**
- ❖ **Have Fun!**

Previous Meeting Notes:

Annual Meeting

New Business -- future planning/MEC day for planning, Board Meeting Location in Folsom at Mimi's, Financial Report, Clinic Shows Foothills Fall Classic, Dressage for Kids, Miscellaneous, Fundraiser, Calendar, Updating website, scholarships, junior young rider, Equinista, Horse Expo

Agenda Item	Time	Who	Notes	To Do
Dressage 4 Kids		All	<p>Mental health/mental toughness coach to pair with Lendon Grey -- quality of presentations should all be at the same level:</p> <ul style="list-style-type: none">• Michael Lingenfelter (physical/mental)• Veterinary -- Loomis Basin, UC Davis	<ul style="list-style-type: none">• Ana G will check with Michael• Ana G to call Vets
Meeting 2: Financials		Cristi	<ul style="list-style-type: none">• Review of financial doc attached	
Dressage for kids		Debbie	<ul style="list-style-type: none">• Murieta Inn and Spa made available for her lodging• Food• Lectures -- options<ul style="list-style-type: none">○ Stress big part of competing -- Darby Bonomi (mental aspect) or Michael Lingenfelter (physical aspect)○ Tristan Tucker -- desensitizing dressage horses• Ana G asked juniors what they would like to learn about:<ul style="list-style-type: none">○ Jouelle -- budget○ Abby - relationship building with horse○ USDF -- presentation regarding how to finance rider -- young rider -- volunteer of the year -- Ruby	<ul style="list-style-type: none">• Mental• Physical• Veterinarian• Volunteer/funding• Alternate -- horse psychology• Create a Kit for kids to take away• All kids must apply:<ul style="list-style-type: none">○ Video○ Essays○ Website○ No charge for audit• Need liability waiver• Anna Z will check with MIS for cost to riders from out of town• Organize mixer

			<p>Tevis</p> <ul style="list-style-type: none"> • Debbie is doing goodie bags for kids • Kids decorate stall door for fun <ul style="list-style-type: none"> ◦ Donation for prize for door dec • Schedule (at PEC): <ul style="list-style-type: none"> ◦ Meet and Greet Friday evening ◦ Lecture #1 on Friday ◦ Landon sets clinic times • Food complimentary for riders -- charge for auditors 	<ul style="list-style-type: none"> • Organize/audits • Be ready to sign off on lectures at March meeting • Anna (Kathy Cain volunteered to aid -- Need to arrange for food for riders -- breakfast • Junior Parents to create lunches to sell to auditors
Scholarships			<ul style="list-style-type: none"> • Form is done -- needs approval 	
Social Media/Communication			<ul style="list-style-type: none"> • FB/Instagram <ul style="list-style-type: none"> ◦ Juniors can work on Instagram today ◦ Work on website today • We do have a Foothills Gmail address <ul style="list-style-type: none"> ◦ foothillschaptercds@gmail.com 	<ul style="list-style-type: none"> • Vickie will be conduit -- Mail Chimp, social media, website
April Awards Banquet			<ul style="list-style-type: none"> • Cabo cost money last April • Brainstorm -- May 2 <ul style="list-style-type: none"> ◦ Weekend ◦ Evening ◦ Winery ◦ Potluck ◦ Anjolie's workspace with stage -- could have catered -- client does the catering ◦ Vickie -- Spinetta Vineyard • 	<p>Need someone to create Foothills calendar</p>
Norms creation				<ul style="list-style-type: none"> • Vickie to type up and put on agendas and read at

				each meeting
Education --		Mari	<ul style="list-style-type: none"> ● Cavaletti Clinic <ul style="list-style-type: none"> ○ 13 people so far ○ Website -- need to locate list being generated by reservation ○ Food -- <ul style="list-style-type: none"> ■ Vickie/Misty/Debbie -- Junior moms to create both days -- auditors don't buy buys lunch -- prep February 28th ■ Vickie volunteered to host Saturday night for place to stay ■ We buy her dinner ● Rachel Sevaadra clinic -- <ul style="list-style-type: none"> ○ Yes! Bring her back! ● BBQ/In hand clinic ● Lendon Grey -- <ul style="list-style-type: none"> ○ Clinic at Ana G's barn June 22 and 23rd ○ She may be willing to do 2 riders/lesson ○ Juniors who do not get picked for D4Kids -- audit then ride in follow-up clinic -- these riders get priority ○ Audit Fee? ○ Total cost for -- riders pay \$300, auditors pay nothing ○ Create written contract ● Anyone interested in Long Line clinic? No <ul style="list-style-type: none"> ○ With Liz Hendrix ● Melissa Cresswick -- Freestyle Clinic? Yes <ul style="list-style-type: none"> ○ Mari working on 	<ul style="list-style-type: none"> ● Vickie send Northern CA chapter chair contact to Mari ● Vickie is sending out second wave of email, fb and Instagram post ● All -- if you are a member of horse breed group on social media -- share post with them ● Create written contract ● We have an independent contractor sheet that we need for taxes ● Mari will have Maria staple contract to check for Lendon Grey and Erika Jansson ● Vickie send email to Michelle Ng -- list of everything that needs insurance - list of ALL events- ● Mari to call Lendon G. to find out how she organizes her clinic -- who does ride times? Coggins test? ● Test can go to Mari -- Vickie will create Mail Chimp/FB/Instagram --

			<ul style="list-style-type: none"> ● D4Kids -- <ul style="list-style-type: none"> ○ Flyer needs to go out with directions to website to apply and then apply to clinic ○ Coggins test required? Ana G to speak with Mary who organizes D4Kids ● USDF -- award program for schooling shows -- \$35 to USDF -- send in tests -- they send ribbon ● Foothills Fall Classic --October 17 & 18th <ul style="list-style-type: none"> ○ Brent Hicks ○ Any rider bring tests from any 3 schooling shows for high point award? ○ Amateurs/Juniors only -- Foothills only ○ Approved ● USDF as a GMO -- <ul style="list-style-type: none"> ○ Education grant for \$1000 -- Mari will apply for Melissa Cresswick Clinic 	
Educational idea			<ul style="list-style-type: none"> ● Dressage Simulator -- <ul style="list-style-type: none"> ○ Anna Z to do research -- Foothills would pay to ride simulator 	<ul style="list-style-type: none"> ● Anna Z to speak with Project Ride a out possible sessions
<p>Afternoon -- 12:44pm Siever, Zablah, West, Doss, Sheldon, Daryani, Hendricks, Cain</p> <p>Education Brainstorm</p>			<ul style="list-style-type: none"> ● Lameness clinic/general horse care/wraps ● Vets/theoretical tasks ● 	

Fundraising Ideas for Adult Amateurs --

- 80% of membership
- Debbie stressed that she wants to focus on juniors
- How much do we want to raise?
 - Smashberger/lunches etc. for fund raising
 - At least \$6000
 - Events for people who do not necessarily ride!
 - Create a pool of volunteer who are our work force
- Ideas:
 - Wine Train
 - Parking at Expo
 - Golden Ticket -- Buy trip at discounted rate through a company -- we raffle off for \$100 or so a ticket -- over period of time -- raffle tickets cannot be sold online in California -- could sell at various events -- could have at horse expo -- set date of drawing -- prize for selling tickets
 - Well known clinician -- what does it take to bring them in? What type of facility would be needed?
 - Dressage Riding Training program -- basically yoga/strengthening workout for dressage riders
 - Could do online or meet in groups/connect/engagement
 - Videos online -- Nicola -- Dressage Rider Fitness Training Program
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- Anna Z to get some ideas of different trips to bring to next board meeting
- Wine train -- Debbie to see if she still has contact information
- Anjolie to look into Juan M. to bring in for clinic

- Anjolie will find more info on Dressage Riding Training Program

<p>Junior Presentation:</p>		<p>Kimura Sheldon Siever Zablah</p>	<p>Seminar Ideas</p> <ul style="list-style-type: none"> • Vet Lecture -- emergency care • Equine Biomechanics • Horse Psychology • Emergency Dismount -- fall clinic • Horse psychology • Hoof care/supplements • Future judges • Tack fitting • Steps to buying and selling horses • Sport Psychology in competition • Future Breeders • Equine Nutrition • Time management at show/barn • Equine retirement • Benefits of cross training <p>Clinics --</p> <ul style="list-style-type: none"> • Hilda Gurney • Freestyle • Alejandro Salazar/Christiane Noelting • Christian Tucker • Confirmation clinic • Horse handling/ground manners -- Kevin Reinig <p>Miscellaneous --</p> <ul style="list-style-type: none"> • Dressage documentary • Junior Trip to LA to Hilda Gurney? Other trainers? <p>Fundraiser Ideas:</p> <p>Food</p>	
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- Crab/Spaghetti Feed
- Charge for food at Foothills events/Kettle corn
- Food delivery service at big MEC shows -- Jumper shows
- Mechanical Horse/Project ride -- can we volunteer and earn time to ride
- Charge for clinics

Fun

- Movie under the stars at barn or park
- Horse camp -- younger kids/elementary age
- Sell art -- home made Art
- Costume Contest in October
- Various activities that can be done on horseback for fun/tasks

Equinesta

- Junior Clinic
- Sponsors
- Seminars
- Include other disciplines -- multiple disciplines --
 - Gina Miles
 - Karrie Ruffa -- jumper

Outreach

- Instagram/FB
- Visit schools
- Engaging Disabled
- Making our own documentary -- partner with senior project students from Sheldon High School in the VAPA Academy for film making

			<ul style="list-style-type: none"> • Horse Expo • Reach out to 4H/Eventing barns -- go to 4H barn -- create dressage letters -- teach dressage lesson • Folsom Zoo -- barn with horse -- what to do with? <p>Communication --</p> <ul style="list-style-type: none"> • Need list of Juniors and contact info -- Junior Rep to post on Instagram/FB <p>Continued Brainstorm</p> <ul style="list-style-type: none"> • Stanford -- Rachel Williamson <p>Discussion of items that crossed over from adult board ideas --</p>	
Foothills Networking/Bonding			<ul style="list-style-type: none"> • Meet and greet at Championships -- <ul style="list-style-type: none"> ◦ Cheese and crackers and wine ◦ Foothills Chapter Gazebo for wine and cheese -- open between 2-6pm ◦ Could be at the end of a barn -- like a progressive barn party <ul style="list-style-type: none"> ■ Get competitor list and invite • Saddle Pads with Foothills insignia • Hats/shirts/bling 	
To Be revisited			<ul style="list-style-type: none"> • Where does lunch money go from Caveltti clinic? • USDF clinic for next year -- Contact Carol Tise 	<ul style="list-style-type: none"> • What needs to be done with Trainer of the Year Award

			<ul style="list-style-type: none">● Foothills CDS education booth at Horse Expo<ul style="list-style-type: none">○ Will need CDS member who has taken safe sport in the booth with Juniors who will be manning booth● Horse Expo Parking -- May 7-10<ul style="list-style-type: none">○ Parking can be donation to Foothills as Non-profit and our adult amateurs work the parking○ How many shifts per day?● Trainer of the year award -- Reinstited by Board	
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