

# Paws to Dance



The Newsletter of the Canine Freestyle Federation, Inc.  
November, 2006

## What the Prancing White Horses Taught Me by Mary Sullivan

One of the most mesmerizing events I've ever attended is *Cavalia*: a touring horse "show" extraordinaire. Sometimes described as Cirque du Soleil with horses, Cavalia is a lavish production incorporating magnificent horses (all males, many of whom are stallion brothers and half brothers), a large troupe of human performers, a live orchestra and vocalist, stunning sound and visual affects, and a melding of choreography and superb horse training that blurs the distinction between naturalism and performance. Among Warmbloods, Belgians, Percherons, Quarter Horses, Arabians, and other breeds, the gleaming white Lusitano stallions with their long manes and tails are the standouts.



Mary and Tracer

Cavalia was created by Normand Latourelle, a founder of Cirque du Soleil, and by designer/director Erick Villeneuve and two married French horse trainers, Frederic Pignon and Magali Delgado. The show features acrobats, aerialists, bungee artists, and master equestrians. "Acts" include jumping, Wild West Show-like daredevil stunts, Roman chariot-like races (sans chariots), group and individual dressage, scenes of passion between riders and dancers, snow and autumn leaves falling, water play, and just plain schmoozing between horses and trainers who clearly love and respect each other.

Pignon and Delgado grew up with horses and guide their exquisitely trained animals with whispers, subtle gestures, a slight tug on the mane or tap on the haunches. The show's introduction explains that many of the horses are stallions, which are traditionally feisty with each other and require careful handling. Cavalia's trainers work hard to train and integrate the stallions by careful socialization and appealing to their sense of playfulness.

As a canine freestyle trainer and competitor, what struck me most about the show was how the horses often entered, performed, and exited the performance ring with minimum (or very subtle) human participation. Many times horses were ridden bareback and with no tack. At other times, curtains would part and there would be a horse, or horses, performing on their own, such as when two Lusitanos faced each other across the ring, performing the lovely Piaffe (a sort of floating trot-in-place). Shown

*Continued on page 6*

## *From Your President*

This has been an extremely busy year for CFF. We have accomplished so much it doesn't seem possible. Once again this wonderful group of devoted and dedicated volunteers has moved the discipline of Canine Freestyle to new heights. There were Freestyle Shows, 1 or 2-day events, in Virginia, Tennessee, and California and more are being planned for the future. At each of the titling events there were outstanding seminars by members sharing their training skills and their special gifts and talents with others. Preparation for these events required more volunteers to teach and to train others to create choreography and to perform artistically before an audience. There were adjudications and run-thrus, there were demonstrations, and the list goes on and on—our newsletter, the new web site, and our outstanding Retreat in North Carolina. Thank you one and all for celebrating the wonders of your dogs with all of us and for sharing your time and talents with the Canine Freestyle Federation.

It has been a policy of the CFF Board to review the CFF Rule Book every three years. This current review has been completed and is at the printers. Members will receive a copy of the new rulebook upon receipt of their 2007 dues, which are due January 1, 2007 (see page 11).

On another note, when you open your calendars for 2007 please make a reminder for one year hence and join us at the 2008 Retreat. Once again Fay Taylor and Julia Gregory have volunteered to co-chair the event so circle the new dates and new location for the CFF Retreat. Let these wonderfully talented ladies know what types of classes you would like and how you might help. It's a bit early but if you want to volunteer for something specific why not surprise the ladies with a gift of your time now. We'll look forward to meeting you on April 19 & 20, 2008 in Chattanooga, TN.

I wish you could all come but realistically I know that's impossible. In any case I'm still going to invite you to come to Beaverdam, VA. To a matinee at Joan and Carl's on December 30, 2006 starting at noon for food, Freestyle DVD's, and camaraderie. We will be watching DVD's of the early demos, the first trials, past competitions the original four, etc. If you have any requests e-mail me. Dogs are invited but must be by you or crated. Bring a chair and your own drinks and a dish to share for lunch salad, dessert, and bread. If you need directions just e-mail us at [ctennille@aol.com](mailto:ctennille@aol.com). You can also bring a friend if they are also interested in CFF freestyle.

Happy Holidays to all,

*Joan*

### **Up-Coming Events**

You won't want to miss it!

**December 2:** Gold Coast show, Napa, CA

**December 30** Matinee at Joan's, see paragraph above.

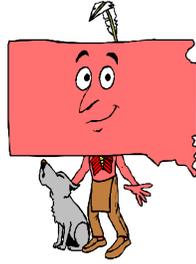
**June 2&3:** First Florida Freestylers and Canis Major combined show, Chattanooga, TN



## Guild News—Staccato Notes

### *Dances With Woofs* *South Dakota*

By Dawn Madge



Hey everyone, we are still out here! We feel disappointed that our show was postponed and will shoot for a latter date when everyone is healthy. We continue to work on building our sport. We are looking to have a workshop sometime this spring. We will keep everyone posted. We are a small group, but we love Freestyle and we are in the process of working on some new routines. We have put on two demos this fall. I took my "kids", Danny, Holly and Chloey to Sturgis, South Dakota for the Sturgis Dog Classic. We did two demos outside in cold weather and sheep wool! The crowd loved Freestyle. Peggy Behrens and "Kayla" wowed the crowd with her routine at our Kennel Club's AKC responsible Dog Ownership Day! Happy Holidays from Dances With Woofs!

### **First Florida** **Freestylers Guild**

by Gaea Mitchel



First Florida Freestyle guild continues to prepare routines, even without access to our usual training building. Our October meeting was moved to the home of member Cathy Nirenberg and her husband Bob, who really didn't have to cook a big spread for us to come. We're glad they did! We did some brainstorming on our next joint venture for a competition with Canis Major, and each worked on various aspects of future routines. If only we could get together more often!



### *Misha Guild,* *Utah*

By Susan Colledge

Freestyle in Idaho continues on Friday nights. Near the end of September, we did a demo for ITA (Intermountain Therapy Animals) at their big "gala". This benefit is a \$100 per plate affair plus opportunities to contribute at the silent auction and the regular auction. We entertained the cream of Salt Lake City at the Rose Wagner Theater. The elite loved the freestyle demo. Tessa took the Yorkie Nationals in Pennsylvania by storm. She was a hit, performing two different days right before Best of Breed.

### **Canis Major** **Guild**

by Julia Gregory



Just after the last *Paws to Dance* was published, Canis Major along with the Obedience Club of Chattanooga, took part in the big, annual fundraiser for spay/neuter programs in our community. This was our fourth year of participation. The demos were held under a pavilion on August 27<sup>th</sup> this year. The dogs performed beautifully, especially considering the temperatures were in the 90's. In spite of all our efforts to keep dogs cool with fans and shade and water and ice and cooling mats, a few went home sick. They were not deathly ill, but were clearly not feeling themselves. All the dog trainers there that day have decided not to support this event again with our dogs' presence. We'll set up tables and work and educate and render first aid, but we will not endanger our dogs in heat like this again. This was a harder decision to make than you might think. My Dog vs. Their Event. This seems to be a no-brainer. But the fact is that our dogs' performance is a big draw for the event. This makes it our best opportunity to showcase our various

## Guild News More Staccato Notes

### Canis Major Guild

by Julia Gregory



sports. The money raised is also essential to the quality of life for hundreds of dogs in our community. We are currently drafting a letter informing the event officials that our dogs won't be back and strongly suggesting a date change. It's a delicate document to write. We really don't want to alienate these people, but our dogs aren't going out there again, either. If any other guilds have had experience with this sort of situation, we'd love to hear your input. Please email Julia Gregory at [jmg@tnaqua.org](mailto:jmg@tnaqua.org).

Many of us have recently been involved in organizing and participating in a major agility seminar and an obedience and rally trial. Just when we thought it was safe to sit down in the living room again ... poof! ... the CFF 2008 retreat is to be held here and it already feels as if it's just around the corner! We are tickled about it! We can't wait to show off the facility that our friend, Bev Eitner has developed at Play Dog eXcellent (PDX). See what's cooking at [www.playdogexcellent.com](http://www.playdogexcellent.com). We think it's the best daycare and training facility in the South-east. And just wait until you see all the kinds of fun you can have in Chattanooga! There is truly something for everyone ... mountains, museums, shopping, hiking, history, hang gliding, music, whitewater rafting and oh, the food! I am inviting you, right now, to have a personalized tour of the Tennessee Aquarium (my workplace). See what's in store at [www.chattanoogaafun.com](http://www.chattanoogaafun.com).

Some of our dogs have recently passed TDI (Therapy Dog International) tests.

This certification carries with it an insurance policy as well as offering some assurances to the public whom we entertain with our dogs. It also requires

Fay, Bertha and Titus recently did devotions for a large preschool group on Signal Mountain and have done demos for a large elementary school in North Hamilton County. Safety around dogs, obedience, agility and tricks as well as a grand finale of freestyle were offered. Freestyle here was adjusted to perform on a very small stage. We prepared a set of special mats for this small format.



### Sirius Guild

"Where Every Dog Is A Star!"  
Nan Marks

Fall, the harvest season, a time for the joyous work of reaping what was sowed and gathering together. Blessed by the dog star and great commitment we have it all. Betty Swenson and Wendy Ely did a wonderful CFF seminar at Joan and Carl's on sowing (see Verna Allanson's separate report on page 9, but we dog trainer's know you reap what you \_\_\_ sometimes referred to as "training"). Then in September we had a terrific opportunity to do an adjudication or run through at Pup N Iron. It was great timing to check out routines for the November show and, since it was in the same location, a good chance to see what a terrific venue this is for freestyle. Your humble reporter pleads labrador induced memory deficit (LIMB) for this incomplete list of wonderful judges and volunteers who made that possible; Betty Swenson, Mary Sullivan, Joan and Carl Tennille, Sally Kirshenman, Brandy Clymire, Joannie Brobst. Now, as the days shorten and having the dogs on the bed makes more sense, we look forward to the November CFF show and hope to see you there.

### The Gold Coast Freestyle Guild

by Judy Gamet



Editor's Note:

Want to see what's up in California? Check out the facing page!



## Gold Coast Freestyle Guild Presents:

### 2 Incredible Freestyle Workshops!

Location: Napa Valley Dog Training Club  
68 Coombs Rd. Napa, CA

Finally, a respectful approach to an incredible dog sport  
comes to Northern California!

*It's About the Dog! It's About Teamwork! It's About Training!*



*Gaea Mitchel, DVM CFF Judge & Instructor*

**Saturday, December 2 2:00 - 6:00pm**  
**Individual Teams:**

**Improve your teamwork!**  
**Take an idea, develop it into a routine!**  
**Prepare for training and competition!**

**Sunday, December 3 Noon - 3:00pm**  
**Multi Dog Teams:**

**Why do it?**  
**Components to consider...**  
**Skills to practice...**  
**Instant drill team!**  
**Finding freestyle inspiration**  
**in everyday life...**



*Julia Gregory, CFF Judge & Instructor*

**Both Days!!!**

**Training the Mental Game for Success**

**Conditioning Your Dog for freestyle\***

*\*Betty Swenson, DVM CFF Judge & Instructor by Video*



*Judy Gamet, Gold Coast Guild Training Director*

**\$30 Per Day Non-Members\***  
**\$50 Both Days Non Member\***  
**\$20 Per Day Current CFF Members**  
**Registration Deadline: Nov. 25**

\* Take advantage of the pricing discount, send in your CFF membership application today!  
Registration forms are available on the CFF website [www.canine-freestyle.org](http://www.canine-freestyle.org)  
or by contacting Judy Gamet [judy@dogscandance.com](mailto:judy@dogscandance.com) (707) 449-1715

in their natural (albeit scrubbed and brushed) state without the reins of human domination highlighted the horses' natural and dramatic beauty. The obvious comfort and willingness of the horses in what they were doing despite acrobats flipping off and over their backs, large audiences applauding, and

*continued from page 1*

loud music really upheld the wisdom of handlers enhancing rather than predominating in a perform

ance partnership with animals. These horses were spectacularly socialized, a lesson we would do well to learn with our dogs.

The huge size difference between a horse--a Lusitano stallion in particular--and its human partner makes obvious the reasons for certain choreographic guidelines. For example, when you want a particularly complicated or showy move to stand out, frame it with simple movements or punctuate it with pauses. If the stallions performing the piaffe had moved into it from complicated wheeling and pawing and then followed it by backing, the beauty and grace of the piaffe would have been diminished. Instead, as the curtains opened, the horses stood alone and trotted in place with nothing else happening for several moments, enabling the audience to fully register and revel in their stately grace and training. Complicated group dressage movements such as six white stallions side passing in unison and in a curving fan around the ring were followed by them quietly lining up angled head to tail, pausing, and then moving forward slowly on diagonal side passes. Every movement stood out; nothing was rushed.

My own freestyle class took me to task recently for diluting the impact of a complicated side pass/cross behind/side pass maneuver with equally complicated but less interesting movements before and after. They complained that they didn't have time to process the more striking interior phrase because of the busyness of the framing movements. I altered the choreography so that I simply heel into the shape for

the side pass maneuver, pause, execute the move, and heel off of it. Much easier to do AND to see!

Sometimes it is effective to simply let the beauty of the animal motivate a shape or movement. By letting the horses hold a movement, or just walk gracefully into the center of the ring and gaze at the audience before resuming maneuvers, the spectators were entranced by the lines, size, and power of the animal. Again, in my current freestyle routine, my class commented that I never set up Tracer, my Belgian sheepdog, in profile. He has a lovely clean outline and, being all black, creates a nice strong silhouette. He also side passes nicely when viewed from the side. I switched from side passing him in front with just his rear to the audience (so as to see his hind legs crossing) to also switching him to the side and side passing in profile away from the spectators. Again, a clean and dramatic look results as much as from the beauty of the animal as from what he is doing.

The haunting and lyrical music was very evocative and matched the horses movements beautifully. Much of the emotion I felt watching Cavalia was in response to the score and made me determined to look more carefully for my own next piece of music.

The most important lesson I learned from Cavalia was gratitude. In the quiet and respectful communication between horse and human, the obvious affection displayed from rider to horse in the form of stroking and gentle handling, and the affection returned from the horse through nuzzling and following, I once again felt blessed to live and work with animals. Most of all, Cavalia reminded me that communicating beyond the species barrier, creating a common vocabulary and respect for a species not my own, and earning its love and trust are more rewarding gifts and "work" than any others I could ever imagine.

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## LISTEN TO YOUR DOG

by Ann Holder

How many times have you heard Joan say, “Listen to your dog?” If you are like me, I am always looking for suggestion’s and tips to help me deal with Pippin in training freestyle. Joan has always told me he has a Standard Poodle brain in a Toy Poodle body. His creativity is amazing but keeping him focused on a task is a challenge well known to anyone who has seen him perform. He changes the choreography without warning and does his own version.

Pip’s strength has always been tricks which we have developed into a lot of little plays and scenarios that we use in nursing home visits. He loves to learn and catches on very quickly. Almost anything he does, I can work into our play. Pip is absolutely dependable in a nursing home performance situation whether it is bedside or an activity room. In freestyle, we always fall apart and cannot get through a performance

My dog training club recently held an AKC Responsible Pet Ownership Day and Pip and I were asked to demonstrate both a play and a freestyle routine. The play came first and Pippin worked extremely well in combination with a friend and her dog. Pip was the Bad Dawg and had the audience howling at his antics. I had only a few minutes to change into my freestyle outfit and we were back on stage for our routine. Pip was amazing! He stayed with me; kept to the choreography we had practiced and in general did a reasonable job under very tough demo conditions. It was very sunny and hot, pushing 90 ° on the outside amphitheatre concrete stage. Dogs were crated in a roped off area right behind our cones. There were lots of people and dogs moving around, yet Pip snapped into focused attention and the demo was a success. It was the first time ever that we have successfully completed a routine.

As I told Joan about it afterward, the light bulb in my head went on. Pip was still in the mind set of doing his “play”. The familiarity of the play, the audience reaction, all had him psyched

and ready to go. It was his “warm-up”! Joan pointed out to me that Pip had been trying to tell us that for years. He needed the emotional support and approval that I gave during a play. In freestyle, I was a nervous wreck; worrying about where I was in relation to the cones and the music, if my dog would stay with me, how to “fudge” as the need arose, what Pip was going to do next, how to catch up to the music and get where I need to be on the floor. I was worrying about me. Pip was not getting the support that he was accustomed to. I was not listening to my dog. I was trying to fit him into a fixed, rigid routine and when I thought he was failing, I let it show. With Joan’s insight, I have a new challenge. I find that changing one’s own behavior and listening to the dog is harder than training the dog to do a skill. A team’s skill in freestyle is always evolving, always changing, always growing. My challenge in freestyle is to understand my dog, work with what he offers me and become one with him so I can show him off to his best advantage. It is a challenge we all have.



**Canine Freestyle Federation Show**  
**Saturday November 18, 2006**  
**Pup N' Iron Canine Fitness and Learning Center**

**LEVEL I Team**

**First Place** Renee Filep and her Border Collie Radiant's Chili Will Do CGC with Janet McBrien and her Welsh Terrier Datawelsh Everlasting Cash JE, NA, NAJ

**LEVEL I**

**First Place** Verna Allanson and her Mixed Breed Breezy **NEW TITLE**

**Second Place** Renee Filep and her Border Collie Chili Will Do, CGC

**Third Place** Nancy Sanders and her Belgian Sheepdog Signatures' Chance CGC, HCT, TDI, RN, RLI

**LEVEL II**

**First Place** Sally Kirschenman and her Old English Sheepdog Ch Seathwaite's Calamity Jane **NEW TITLE**

**Second Place** Andrea Jones and her American Eskimo Dog Snostorm's Little Shaynanigans  
CGC,CDX,ASCA CD,AX,AXJ

**Third Place** Kathy McCoubrey and her Dalmatian U-Ch, U-CD Ravenwood Mnmntl Foreign Rule CD, OA, NAJ, RE

**Fourth Place** Shari Bryant and her Whippet GraceGift Sky's The Limit

**LEVEL II B**

**First Place** Wendy Ely and her Belgian Tervuren Chateau Blanc's Full Sail **NEW TITLE**

**LEVEL II BRACE**

**First Place** Janet McBrien and her Wellsh Terriers Ch Layna's Hey Big Spender ME, CD, OA, AXJ, CG, CGC, CFFII and Ch Datawelsh Brightluck's Bonus SE, NA, NAJ, RN

**LEVEL III**

**First Place** Joell Silverman and her Poodle Edgar Allen Poo **NEW TITLE**

**Second Place** Brenda Clymire and her Cavalier King Charles Spaniel Busybee Harlequin's CurlicueCFFII

**Third Place** Nan M Marks and her Labrador Retriever Sally

**Fourth Place** Susanna Pathak and her Rough Collie UACH, U-CD Jag-View Undeniably Dashing CD,OA, OAJ, TDI

**LEVEL IV**

**First Place** Mary Sullivan and her Belgian Sheepdog Signature's Carbon Copy CFFIII **NEW TITLE**

**Second Place** Fay Taylor and her Manchester Terrier UCDX Mills' Lady Elizabeth UD, CGC, TDI, CFF IV

**Third Place** Jeanine Brown and her Brittany Trapper CFFIII

**Fourth Place** Mary Jane Zarnowski and her Norwegian Elkhound Wil-mar's Yankee Clipper CFFIII

Highest artistic Score was won by Mary Sullivan and her Belgian Sheepdog Signature's Carbon Copy CFFIII

There was also a beautiful For Exhibition Only presentation by the Black & White Lap Dogs team of Gaea Mitchel and her Cavalier King Charles Spaniel Lewiswood Coppelia Fianna CFFII & CFFIIT  
Julia Gregory and her Cardigan Welsh Corgi McLea's Bashful Bomber CFFII, CFFIIT & CFFIII  
Maxine Rice and her Mixed Breed Charlie's Echo UCDX & CFFIIT

Many thanks to the judges who traveled from Florida, Tennessee and Virginia to be with us and celebrate the dog. Also thank you to the many individuals who worked as scribes, ring stewards, tally scribes, or worked on trophies, catalog preparation, scoring, videoing and numerous other functions.

The show was followed by an outstanding workshop on music led by Jim Moore, Kristin Sicotte and Kay Richards. It was well attended and loads of good information was presented which will help all the participants improve on the use of music

## Developing the Team

By Verna Allanson

This summer CFF sponsored another outstanding seminar “Developing the Team” with Wendy Ely and Betty Swenson. Wendy and Betty are both highly respected canine freestyle and obedience trainers. This popular seminar was sold out two weeks in advance. The participants included CFF members and non-members from the Maryland and Virginia area.

Important aspects of “Developing the Team” were discussed including oneness, attention, proofing, handling and enhancement. As each topic was discussed volunteers from the audience were called upon to demonstrate the topic/problem. Each team was evaluated by both the instructors and the audience to solve any problems. It was a working seminar that also involved honing our skills in problem solving.

Wendy defined oneness as something that comes from the heart. I think anyone who has seen Wendy perform can understand that she truly embraces this philosophy. Betty explained that oneness is achieved through non-verbal communication, attitude, energy and subtle body movements. To achieve oneness it is important to listen to your dog and ask yourself what turns your dog on. Prior to a work session always engage your dog first with food, toys, play, praise (at the proper time) or whatever works for your dog. Increasing the handler’s energy level can also help intensify the energy level of the dog.

The next section was devoted to attention and proofing. Proofing is a technique to build the dog’s confidence to do his job. It is done by adding distractions slowly in a systematic way. However, it is important not to go forward too quickly. If you encounter a problem go back to the previous step and make it easier. Even if you are progressing well it is a good idea to go back to the previous step every so often. This ensures the dog does not get too stressed and will have a positive effect on training. Listen to and watch your dog. He will tell you what he needs to train. Slowly push his limits and work ethic. Several teams were chosen to demonstrate their specific attention problems so we could try to solve the problem through proofing. Problems that were analyzed were noise, clapping, food, other dogs and people.

Handling was the next topic. It is important not to distract from the dog with flashy handler movements. The handler should enhance the movements of the dog and not “over take” the dog. Several teams that had working routines were asked to perform. We were then asked to evaluate the routines. Some suggestions for improvements were to add pauses, use the entire performance area, to praise or talk to the dog, and to change the stride of the handler.

The final topic was enhancement. The goal of this topic was to enhance a movement to fit your dog. A movement was chosen that included a go around and a switch. Each volunteer team was asked to enhance this movement to fit their dog. It was exciting to watch how each team came up with unique movements to fit the individual personality of the dog.

*Continued on page 10*



Verna and Smokey



## Board News

The 2008 Retreat will be held the weekend of April 19 and 20 at Play Dog eXcellent (PDX) in Chattanooga.

The board is at work revising Rulebook. The new edition may be included with this newsletter.

Plans are well underway for a CFF book. It will be available on the web site and include information on how to teach a move, homework exercises for developing skills, etc.

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This was a wonderful seminar. The instructors and participants were a great group of people. Joan and Carl Tennille were perfect hosts. The food was delicious. Everyone came away with lots of good information. The best part of the seminar was that the participants were encouraged to help in solving the problems of each team. I think honing our problem solving and analytical skills are important in freestyle. You cannot do this sport alone. You need your fellow classmate's help and they need you. This is what makes this sport wonderful and unique to me. them.

### Editor's Corner



So many people worked so hard on this issue! Many thanks to authors of articles who are willing to share even when they doubt their writing skills (silly 'wabbits!). We wouldn't have this *Paws to Dance* without Ann Holder, Vern Allanson, Judy Gamet and Mary Sullivan. Those terrific guild reporters keep those reports coming so that you'll know what we're up to all over the country. Your recording secretary, Sally Kirschenman makes sure you know what the board is working on. Thank you, Carl for putting the show results into my hand before I could even leave the state (excuse me, commonwealth) of Virginia. And our fearless leader, Joan continues to crank out the inspiration in large ways and in small; often behind the scenes. See the opposite column for a sample.

I **could** use a little help with something. I'm all out of "You Might Be a Freestyler If...". Surely, just a couple of you have caught yourselves or your friends in aberrant behavior brought on by our magnificent sport. Please share!



# Baseball and Freestyle

by Judy Gamet

Some of you know that since childhood, I have had a weird, deep connection to baseball. I've learned a lot in the past year and a half about freestyle from studying my favorite pitcher. I think this will help all of us!

No matter what sport you are involved in, the winners can "execute the fundamentals" when under pressure. Many of us can execute the fundamentals when in our own back yards practicing... but that's not the same.

During a recent interview a young pitcher who had never been in the playoffs was telling the radio announcer that he had talked with my favorite pitcher who does have playoff experience. This was his advice. "Don't think about the entire game, the full nine innings, the importance of the outcome, just execute one pitch at a time and trust your 'stuff'".

I was just pulling into a parking space at a park to work my dogs when I heard this. How true! Don't think about the competition, or the outcome, or even the whole 2 minute routine; just focus on executing one good move at a time and trust your "stuff".

I had that locked into my mind and had the best training day I've ever had. My dogs were up, the pressure was off of them because I was only focusing on "one move at a time" and being as clear and exact with that one move as possible. Take the pressure off of the dogs, take it off of yourself and execute one move at a time, the best that YOU can.

## You Might Be a Freestyler If ...

While paying bills and listening to music, you suddenly see a beautiful new phrase in exquisite detail in your mind's eye. Quickly, you draw a diagram of this stunning movement ... then realize you've done so on the back of the check you wrote to pay your electric bill. Void that one and write another!



## 2007 CFF Annual Dues Notice

Dues are \$ 25.00 Please renew today!

(The date in the upper right corner of the mailing label on this newsletter indicates when your present membership expires)

Name(s)

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Address

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Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

Please make checks payable to CFF, Inc and mail to

Brandy Clymire, Membership Chair  
10603 Seven Oaks Drive  
Spotsylvania, VA 22553

In May 1998 CFF files an Application for Recognition of Exemption under 501(c) of the Internal Revenue Code with the IRS. The IRS granted CFF's request in 1999 as exempt from federal income taxes. CFF dues are not deductible for federal income tax purposes as a charitable contribution.

CFF, Inc.  
c/o Julia M. Gregory  
222 Parks Road  
McDonald, TN 37353

**FIRST CLASS MAIL**

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