

Paws to Dance



The Newsletter of the Canine Freestyle Federation, Inc.
August, 2008

A Weekend of Freestyle Celebration

by Cathy Nirenberg

On the weekend of July 19-20, 2008, Ann Holder hosted a wonderful weekend of Freestyle learning and sharing for the First Florida Freestyler's Guild with Joan and Carl. Friday night we met at Ann's for a yummy dinner and conversation. On Saturday the real work started.

We met at Ann's Saturday morning for a Judging Seminar. Joan started with a history of CFF and how it got started. Then she moved on to rhythm and movement and how we can help others and ourselves to show our dogs to their best advantage. What to look for in a performance and how to teach others to perform. From all the little nuances that show up to the big bloopers in a performance. We discussed how to organize our thoughts when judging, questions to ask ourselves and how to stay objective from performance to performance.

In the afternoon, after a great pizza and salad lunch from Melanie Chan, we watched performances and "judged". We shared our observations and thoughts and helped each other understand the high points (and low points) in the performances we watched. We also got to see the 4 original routines Joan choreographed. for the Cycle Classic in Memphis, TN in 1993. I must say we have come a long way with defining our Free-

style and our motivation, movement and artistry since those early days, but it was a real learning experience to see these original performances.

After another wonderful dinner cooked and served by Ann, came the after dinner conversations. I finally had to excuse myself to return to my motel room and attempt to get some sleep! I left my notes at Ann's so I found myself sitting on the bed with 2 Tervs around me, writing notes and questions on a little notepad. By 12:00 am I knew I had to turn of the light and get some sleep so I wrote my final question – "How do you turn off your brain after a day like this?"

Continued on page 9



CFF Judge Training in Florida, 7-20-2008, (MChan)

From Your President

Carl and I have been traveling all over North, South, East and West and all of the travel has been dog oriented either CFF or Cavaliers. There is so much to share I'm not sure where to start. Okay, here goes.

THE FORUM IT'S UP AND FUNCTIONING---Yes, thanks to Verna Alanson assisted by Jim Moore, it's not only up; it's user friendly, even I can handle it. Join in and discuss training issues and tips, what makes your choreography effective, share your feelings with the board on current items. There are discussion areas for probably every aspect of Canine Freestyle. There are places for suggestions and the forum is available to each and every member. Each guild has its own special spot for announcements or commentary. There's even a current topic for discussion, Verna thought of everything. Let's thank her by joining and participating, it's really easy. Log into the members only section, click on CFF Forum and subscribe by filing out the registration form. Verna has made it really simple. I'll meet you in the forum and we can share and celebrate dog work.

Then there was the fantastic and wonderful seminar with Kristen. There were so many talented dogs and trainers. Kristen and her fellow freestylers had selected a large training site in Wisconsin. It was well matted and filled with natural light. There was excellent lighting throughout the building as well. This is a talented group of dogs and handlers and I'm looking forward to their participation in CFF. They've started organizing a Guild and I can't wait to return. They will probably be ready to have a Freestyle Show in about year and a half. We drove there with the dogs and it was a great vacation. Keep this as a possibility for a vacation a year or so from now.

More on the Web! I spent time with Cameron editing and doing voice-overs for the CFF training book. It was very exciting choosing the various teams to demonstrate the different aspects of our discipline. There is so much footage and Cameron's work is awesome. There are so many individuals involved in this project and everyone has volunteered their time and their talents to produce this e-book. I'll start by just naming a few for now—Shari Bryant for wonderful training articles, Fred and Jeanine Brown for the entire formatting and preparation, Anne Holder and Kristen Sicotte for editing and for trying out each lesson plan to make it user friendly, my classes for exploring the possibilities creatively and artistically and the seminar participants in Wisconsin you look great on the videos. These are just a few of the many people and dogs involved, more next time around; this is just the tip of the iceberg.

Moving on, the Florida trip was a great deal of work but thoroughly enjoyable. What a great group of CFFers. Thank you one and all and to Ann and Lewis you made

everything move smoothly and easily. We had a delightful time and the food was delicious. The results from that trip are: revised Judges Guidelines and protocol book and the first judges' review and a training session for new judges. Congratulations to new Level I and II judge Cathy Nierenberg, and new Level III and IV judge Ann Holder. The following judges attended the required review session for future assignments: Gaea Mitchell and Elaine Smith. For more on my visit to Florida check out the articles in this "Paws".

Next, in the not too distant future there will be a whole new Hall of Fame section on the CFF web site. There are complete choreographies from each team plus a small write up. Once again thank you Cameron and Verna. We have been blessed by the joy exhibited by some remarkable and wondrous teams. Share these celebrations of dog work with your friends.

Finally, a special thanks to Shari Bryant, Chair, Sally Kirschenman and Susan Colledge the Nominating Committee for completing their charge. I appreciate the time and effort needed to complete the slate. The slate and report can be found within the pages of the newsletter.

That's about it. The next issue will be my last report as President in 15 years. I think I shall enjoy reading instead of preparing the President's commentary. Meet you at the Forum.

Joan

Up-Coming Events

You won't want to miss it!

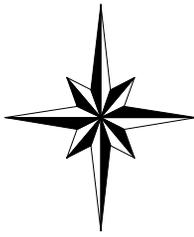
Adjudicated Match and Run-throughs
September 21, 2008
Fredericksburg, VA

Two-day Titling Event Nov. 8-9, 2008
Fredericksburg, VA

Sue Ann Lesser Seminar Nov. 8, 2008
Fredericksburg, VA

Titling Event December 6, 2008
Napa, CA

Choreography and Music Seminar
March 28-29, 2009



Sirius Guild

"Where Every Dog Is A Star!"
Nan Marks

Freestyle has an interesting way of reframing the question. Many in the Sirius Guild are starting with or continuing with a second dog which brings this reframing into sharp focus but the question, reframed, is applicable to whatever dog you are working with. The reframing allows us to see opportunities rather than challenges. When we train in obedience or agility with different dogs we are swiftly reminded that they are different, learn and move differently, and it is our training "challenge" to learn to work with and communicate to those differences.

In freestyle from the first moment we start with the individual dog and build from there. Our canine partner's unique strengths, and yes weaknesses, are the seeds for the dance we will choreograph to show the splendor of our canine partner and our partnership with them to the world. The Sirius Guild has several things a-foot (a-paw?) to help in accomplishing this. Mary Sullivan's class was filmed by CBS to appear in a short broadcast on the evening news. Pepper Guzman is about to initiate a new beginner class. Joan Tennille continues to teach, most recently focusing on a class for the second dog. Spreading the learning more broadly, Joan and Carl have organized a workshop for the Sirius Guild on July 27 creating an opportunity to show (and enjoy) routines or works in progress, work together and learn, relax and catch up with friends, and also hold a guild meeting to plan upcoming events. The key events for the Guild this fall will be an adjudicated match/run through on Sept 21, 2008, at Pup N'Iron and, of course, our November show held with CFF making it a two day festival of freestyle on November 8 and 9.



CAROLINA CANINE FREESTYLE GUILD

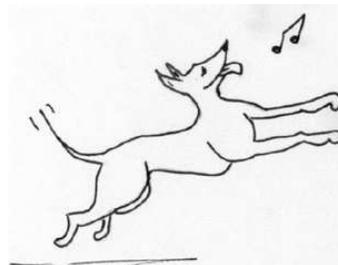


By Shari Bryant

Several of our members attended the titling event and retreat in Tennessee. What a great time! A special thanks to all those involved that helped to make it a successful event.

Many of our members have been meeting a couple times a month to work on selecting music and choreographing routines. It's been fun to watch the routines as they develop. Some of us hope to be prepared for the Virginia events in November. Our next scheduled Guild meeting and training session is in early September.

We have been planning for a couple of seminars in 2009. We have Kristin Sicotte coming to give a two-day seminar on choreography and music on March 28-29, 2009. We are working on finalizing the details and hope to have more information available in early September. So, mark your calendars and plan to join us.



Canis Major Guild

by Julia Gregory-

You'd think that after a pinnacle experience like Retreat and the titling event in April, going back to the everyday world of classes, training, planning and choreography would be a humdrum time. Not with freestyle! We in Canis Major have been immensely enjoying our time together as we tackle the challenges of preparing for November in Virginia. (Here in Tennessee, that's like saying, "Next year in Jerusalem.") What a gift to have all that we learned at Retreat to incorporate into our work.

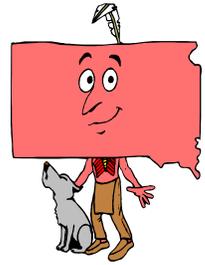
Guild News More Staccato Notes

There have been some exciting changes at our regular show venue, Play Dog eXcellent, that may dictate that we go elsewhere. PDX has opened a boarding kennel! It's great for them and for those of us who wanted a state-of-the-art home-away-from-home for our dogs. It's probably not great for freestyle since the kennel dogs are loud (Bev says, "There are some beagles that will turn you into a cat-lover.") and pick up hours are during the times we're accustomed to hold our events. So Fay has researched facilities around town and come up with a nice community center. We still want to run some tests at PDX during pick up hours and the community center for substrate and sound, but it looks like we have a place for a show and will soon agree on a date with First Florida Freestylers since we love partnering with them. Look for our show date in the spring. We'll be careful not to conflict with North Carolina's seminar with Kristin since none of us will want to miss that.

Our "regulars" continue to come faithfully. We hope for the return of team Kathy and Rio and team Tracey and Chloe from Atlanta. They joined us for a crash course before Retreat and we'd dearly love to have them back if they can fit it into their agility schedules. We've added an invigorating new team to our ranks. They are team Martha and Hal. I have a soft spot for this team for two reasons. Martha is the daughter of my dear freestyle friend, Fay. Hal is the last dog I rescued. He's a Plott I found wandering the plaza in front of the Aquarium in downtown Chattanooga. OK, big deal! Well, in addition, Hal is a reformed duck-and-run on lead and Martha is recovering from a stroke. Looking for common ground on which they can perform freestyle Martha and Hal are bringing challenge, persistence and grace to our guild and we're loving stepping outside our freestyle box to meet them halfway.

Dances With Woofs South Dakota

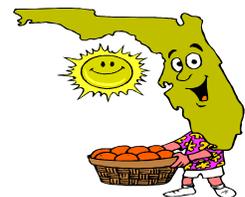
By Dawn Madge



Our guild meets every other Friday night .We continue to work on routines, choreography and learning to be artistic and innovative. This spring we put on a demo at Sommerset Retirement Center. The room was packed with about 60 people watching our GREAT dogs perform. The audience was thrilled with our dogs and begged us to come back. Performing teams were Peggy Behrens and Kayla; Donna Dugger and Casey; Barb Olson and Derby and of course my four ... Danny, Holly, Chloe and Doogie!! THANKS to all of them. On June 12th the Rapid City Kennel Club sponsored a Responsible Dog Ownership Day. I was gone to the Outer Banks of North Carolina to a family reunion and celebrating my Mom's 93rd birthday. From what I've heard, Peggy and Kayla; Barb and Derby and Donna and Casey did a wonderful job promoting our great sport. Many thanks to them!!!! YIPPPPEEEEE Ky YEA!!! Till next time

First Florida Freestylers Guild

by Gaea Mitchel



We have an arrangement with the dog club in Jacksonville to hold guild meetings there. We needed a new home and this one will be welcome. We recently had training for judges (see page 1) and a master class with Joan in Coco.

The Gold Coast Freestyle Guild

by Judy Gamet



Although most of our guild members are reaching for that delicious level title in our "still pending" December show, much of the dynamics of our guild is focused in the area of outreach.

We are anxiously awaiting return of our application for a December 6 show, as we have just finally secured the location sight once again with the Napa Valley Dog Training club. Once we have approval, we'll be running toward that deadline. (You think those Olympians are fast?). Our Guild secretary, Kamrin MacKnight will be sending out premium lists to every member west of the Rockies. If you are interested in receiving one, please be sure to e-mail me and I will forward it on to Kamrin. Goal: to increase the quality of the routines and beat our number of new titles from last year!

We are also focusing on presenting polished, impressive demonstrations. Fall will be a very busy time of year. There will be many small local demos throughout the Sacramento area and some very large opportunities in the San Francisco Bay area. California Pet Expos in both San Mateo County and Santa Clara Counties have asked for 3 days of demos, along with the Bay Area Pet Fair in Marin. We will be ready to impress! CFF flyers will be available for those truly interested in pursuing the art and sport of Canine Freestyle.

Here is my "Sky's the Limit" challenge to you! My goal as a member of CFF is to promote the CFF vision to the freestyle community. My personal goal is to have the most members of any state in the country! Right now there is interest in the Los Angeles area for a guild, and the stirrings of a future guild on the Central Coast (near Monterey area). Be on the look out for quality handlers who might just enjoy the respect that CFF has for our dogs and our presentation as han-

dlers. Take on my challenge and see if your state can match our numbers!

Finally, in the "outreach" department, I will be presenting classes and Camp Winnaribbun at Lake Tahoe over Labor Day week. Although most will have had some freestyle experience, my goal will be to share the CFF vision with them as well!

Sharing the Retreat

Charlene Smutny & Robin Green

Robin and I had the opportunity to share Canine Freestyle with The Poodle Club of Southern California tonight (June 6, 2008). It was wonderful. We started by going over the retreat and what a wonderful experience it was for us and our dogs. We then shared the ideas we learned in the different classes. We shared Sue Ann's book. We passed out a handout that explained the different levels of Freestyle and what they could expect to see. We did a demonstration with my Mini Poodle Shadow. And last but not least we shared the CFF sampler video. (Robin and I cried the first time we viewed the video especially when you shared Claire that was the highlight of the entire video.) Our club loved the presentation.

Robin and I had such a fabulous time at the retreat and we learned so much. It is impossible to recreate the special energy that was created with all of the people and their love for their dogs. The video does a good job of trying to express the joy that is freestyle. However, nothing can take the place of the special friends and memories that we made at the retreat.

Thank you so much for sharing with us!

Notice

If you would like to receive your newsletter by email please email ctennille@aol.com with email newsletter in the subject line. Emailing of the newsletter will begin with the November issue.

Live to Run (or Dance) Again

By Renee Filep

If you were fortunate enough to attend the fabulous training retreat in Chattanooga this April you may have heard about the Live to Run Again campaign. This free (yes, free!) exchange of audio books was launched by the Tail Blazers Agility Club of Pennsylvania in memory of Jane Callaghy. Jane died April 1, 2001 when the driver of her vehicle dozed off at the wheel while returning from a trial. Her fellow dog enthusiasts realized that this could have easily happened to so many of us.

Be honest- how many of us follow this itinerary for a dog competition?

- 1- Stay up later than intended to pack the car and for last minute preparations
- 2- Toss and turn most of the night thinking about how great your dog will be or fretting about waking up on time
- 3- Get up at O'dark thirty
- 4- Eat an unhealthy "fast food" breakfast on the road
- 5- Consume too much caffeine and sugar during the day
- 6- Sail on endorphins and pride as your canine buddy does their best
- 7- Get back in the car happy but exhausted for the long drive home...

Data collected by the International Institute for Highway Safety indicates that fatigue is the second most common factor in highway fatalities (after weather conditions). Sleepiness causes the following:

- Impaired reaction time, judgment and vision
 - Problems with information processing and short-term memory
 - Decreased performance, vigilance and motivation
 - Increased moodiness and aggressive behaviors
- Police have difficulty identifying drowsy driving so it falls on the driver and other occupants to be aware of the following symptoms (in order of severity):

- 1- Feeling too warm
- 2- "Heavy eyes"

- 3- Nodding and slumping in the seat
- 4- Decreased frequency in checking mirrors or "tunnel vision"
- 5- Being surprised by the appearance of other vehicles
- 6- Loosing track of time or distance
- 7- "Wandering" in and out of your lane of traffic
- 8- Missing signs or turns

For many, audio books are helpful towards maintaining alertness. Unlike music which often relaxes us, audio books require more brain activity to "follow the story" and anticipate what's happening next. This is why the Live to Run Again campaign supplies free audio book exchanges at a growing number of agility, obedience, herding and hopefully freestyle events. Simply look for a box of audio books and choose one or two that appear interesting and that you don't already know the ending! You may even want to try a genre you normally don't read- I occasionally listen to romance because they keep me laughing all the way home! Listen, enjoy and return the book at the next event. Lists of participating events can be viewed on the website www.livetorunagain.org. Audio books can also be donated at any event a box is available.

Most importantly, remember that if you are drowsy, don't "push on"- pull over! Take your dog out for a quick "potty break"... the fresh air and movement often help. Or carry a timer in the car and take a quick nap followed by a brisk walk. The most restorative naps are **less** than 30 minutes. For more information, please go to www.livetorunagain.org or www.drowsydriving.org.

In closing, remember the risks of driving while sleepy. We're all vigilant when it comes to our dogs' safety, but often push ourselves too hard. Don't be a hero... live to run again!

Life may not be the party we hoped for,
but, while we're still here...
We may as well Dance!

Are You Right- or Left-Brained?

By Elaine Smith.

I just recently had a conversation with a freestyler friend of mine. Until this exchange, I had not realized that not everyone thinks about freestyle the way I do. Of course, I know that everyone has different experiences, talents and training, but as a special education teacher, I think about everything that I do, its complexity to master and how the activity is accomplished in relation to my learning style.

During my college years, as I was training to become a qualified special education teacher, one of the discussions that stands out in my mind most prominently today is about learning styles. We were all given checklists and told to mark the areas that described us. The checklists were designed to help us to determine whether we were right-brained or left-brained. Ideally, we are all a little bit of both by the time we reach adulthood. Studies show that we are born with a propensity toward one side of the brain over the other. With age and experience we are able to strengthen our weaker side. The whole point of this activity was to help us to understand that we would teach students whose learning styles were different from our own. The right-brained, left-brained theories are certainly more complex than I can go into in this article, but I will attempt to give you an overview.

Left-brained people are very organized, methodical, detail-oriented, mathematical and analytical in general. The left-brained person sees the small components and how each piece fits into the next. My father is an extremely left-brained person. He is a brilliant mathematician, but there isn't a creative bone in his body.

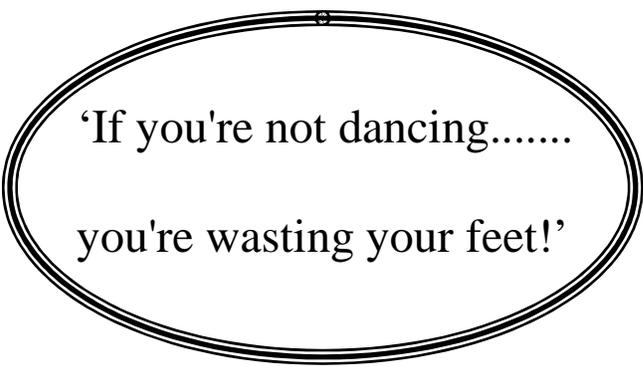
The right-brained person, as you probably already guessed, is extremely global, creative, artistic and even sometimes seems to be able to speak in an unfamiliar language. Extremely right-brained people see the whole picture rather than the components. They can read between the lines and seem to be able to create something beautiful, even magical from nothing. Joan Tennille is a right-brained person and because of this propensity she has an amazing magical quality about her.

So what does all this brain talk have to do with canine

freestyle? When I sit down and think of canine freestyle from a learning styles point of view, I see a juxtaposition. Dog training in the traditional obedience sense is very left-brained. An effective dog trainer is one who can take the target behavior to be trained and break it down into the smallest possible pieces and then teach each component until mastery has been achieved. As a special education teacher, it is what I am also trained to do. However, when you look at the rest of canine freestyle, the juxtaposition becomes obvious. The artistic component, the choreography and the music are extremely right-brained in design. You must be able to create something from nothing, much as a painter creates a picture on a blank canvas. So how does this help me with my freestyle?

I was born as a right-brained youngster, but I have trained myself to be much more left-brained. Society, in general, wants its members to be left-brained and rewards those who conform. So when I am training dog obedience, I allow my left-brained side to prevail, but when I am creating a piece of choreography, I recharge my creative right-brained side. I sit down and read poetry, listen to all kinds of music, talk to fellow right-brained people, look at pieces of beautiful art and allow myself to indulge. Creating a piece of choreography for my dog and me is an extremely involved process. I must be in a creative mindset. My right-brained side must be charged and ready to go. It is something that cannot be forced, which can be frustrating. It must come when it is ready and when I am ready to create. Until that happens, I train my dogs. When the creative side of me is charged and ready to go, I drop everything and run with it for as long as it lasts. Every piece of choreography that I have created for my dogs has started out that way.

It seems to me that knowing can be half the battle. Knowledge of whether you are left-brained or right-brained as a learner may give you some insight that will help you to mature in your creativity.



A DEMONSTRATION

by Ann Holder

Every year, Brevard Kennel Club (a breed club) partners with the local mall to sponsor a weekend of dog education for the general public. It is called K-9 Fest and all the dog organizations in the county each have a table display about their program and dogs for petting and socializing. There are training clubs, rescue organizations, therapy dog groups, humane society, vet offices, etc. Anything dog related is invited to attend. It runs for two days, all day from 10 am to 5:00 pm. There are demonstrations scheduled all day long from a mock dog show, police dogs, agility, obedience, rally, weight pulling, dog fashion show, etc. For the last five years, Pip and I have been asked to demonstrate canine freestyle.

The ring is small, completely fenced with picket type fencing but matted. The audience gathers on all four sides, hangs over the fence, and little hands and arms poke through the fence calling "Here doggy, doggy, doggy!" It is **very** distracting and tough to say the least!

Pippin and I were scheduled for our usual demo mid-afternoon today. There was quite a crowd because it had been advertised as "dog dancing – freestyle." I decided to quit fighting that term and took back the words dog dancing! I did explain that Pip was not going to do the tango, polka, or rumba and of course got a few boos. I then explained why people saw it as dog dancing, by stressing the rhythm of the team, the movements together, the interactive attention, and the clearly drawn floor patterns. My pitch was how the training for freestyle would be a basis for all higher level dog sports. I then explained what to look for in the demo by showing the reference positions, laterals, backing and some distance work. Pip was super attentive despite all the entreaties from the sidelines so I was very encouraged that maybe we could pull off our level III routine.

The music began and Pip was raring to go. His opening shape, backing around in a circle, electrified the audience and when the clapping started, he was really on! He never took his eyes



off me and was so willing and responsive. His go-outs were not as far as I would have liked but then again, he was staying away from all those little hands. We breezed through the routine in our own little bubble and had a great time! Afterward, we were swamped with people wanting to take his picture! What a compliment! My husband, who is our most severe critic, said he had never seen such attention! Wow! How far we have come in our freestyle journey! How well I remember those days when he went his own way! Tomorrow, we will have a second chance to do it all again for another audience and we cannot wait! At last I can say with confidence, I have a freestyle dog!

Where is Music in the Brain?

A seminar by Sue Ann Lesser DVM,
ACAC, CVSMT

You've read ***The Book
Why Dog Should Dance***

Is the neuroanatomy section confusing to you? Come join us for an interactive afternoon of learning.. After the Titling Event on Nov. 8, 2008 at Pup 'N Iron

CFF Members \$ 40 Non members \$ 45

For information: www.canine-freestyle.org or lu-myzap@yahoo.com or 804-883-1174

Sunday Joan gave us a Master Class where we covered skills for the handler, teaching conceptually and Presentation Heelwork. Joan chose a concept and we worked from that concept. We all worked several phrases on both the right and the left and discussed the movement. We were given a creative work assignment to complete and present. We also learned we (especially we Level 4 attendees) need to do a lot more training on the right!

The afternoon was given to one on one tweaking of our working routines (whatever stage they are in) with Joan. It is truly awesome to watch my fellow Guild members with their creativity and talented dogs. Carl videoed our sessions and we went home the a little DVD. What a powerful training aid! I can see the “problems”; I can see what the others saw. We (our Guild members) used to video our sessions together but I guess we just got out of the habit. With this little DVD I can go back and practice the adjustments to my Level 4 routine with Spock and work on a master performance.



CFF Judge Training in Florida, 7-20-2008 (MChan)



CFF Judge Training in Florida, 7-20-2008 (MChan)

What a Magical Weekend!

Elaine Smith

I know that every time we have an event it feels like it could be the best one, but the show and retreat in TN definitely felt that way to me. I love seeing old familiar faces both four and two legged and having an opportunity to revel in the unbelievable growth that they experience throughout the process. It never ceases to amaze me when another layer of this sport and discipline is revealed to me. I keep wondering if the layers will go on forever and I will continue to deepen my understanding for an eternity. New fresh faces both inspire me and give me great hope. I know that the future of CFF freestyle is in their hands. My job is to gently guide them and encourage them so that they will help me to preserve this treasure that we have all been given. To those who spent countless hours and sleepless nights making the retreat possible, I say I am so very grateful. To Joan who keeps helping me see the layers and endless possibilities, you continue to enrich my life and guide me toward an exquisite understanding of my canine friends and partners. Thank you to all!!

Sirius Guild of the
CANINE FREESTYLE FEDERATION, INC.

Presents a

Freestyle Adjudicated Match

(Pre registration required for Adjudication)

And Run Through

(All Styles of Freestyle welcome at the Run Through)

Sunday, September 21, 2008

Match starts at 10:00 AM

CANINE FREESTYLE FEDERATION, INC.

And the Sirius Guild of CFF

Present

Back to Back

**CANINE FREESTYLE SHOWS
AND TITLING EVENTS**

Saturday and Sunday

November 8 –9, 2008

Both the Adjudicated Match and the Titling Events will be at
Pup 'N Iron Canine Fitness & Learning Center

Stafford, VA

For information: www.canine-freestyle.org or luvmyzap@yahoo.com or 804-883-1174

DIRECTIONS

From the North: I-95 South to exit 140 Stafford Rt. 630. Make a left from exit ramp and to East on Rt 630 (Courthouse Road) to the first traffic light Turn right on US Rt. 1 South and proceed 3.4 miles to a left on Perchwood Drive. There is a Chevron station across from Barnes Furniture at this corner. Take the first left and drive straight back to the set of stone front buildings Pup 'N Iron is on the right Unit # 111.

From the South: I 95 North to exit 136 for Stafford Regional Airport. Go to stop light at end of the exit. Make a right following signs for US Rt. 1 Turn right onto US Route 1 North. Go about 2 miles to a right on Perchwood Drive. There is a Chevron station across from Barnes Furniture at this corner. Take the first left and drive straight back to the set of stone front buildings Pup 'N Iron is on the right Unit # 111.

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

FIRST CLASS MAIL

Inside This Issue

| | |
|---|---|
| A Weekend of Freestyle Celebration.....p. 1 | A Demonstration.....p.8 |
| From Your President.....p. 2 | What a Magical Weekend!.....p.9 |
| Guild News, Staccato Notes.....p. 3— 5 | Trophy Opportunity.....p.10 |
| Sharing the Retreat.....p. 5 | Nominating Committee Report.....p. 10 |
| Live to Run (or Dance) Again.....p 6 | Adjudicated Match & Run Through.....p. 11 |
| Are You Right– or Left-Brained?.....p. 7 | Back to Back Titling Events..... 11 |

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