

THE NEWS

MAY 2020



North Carolina Dressage and Combined Training Association

UPDATE FROM NCDCTA:

As a result of the USEF extending the suspension of shows till May 31, 2020, NCDCTA will continue to follow their regulations. This also means we have to regrettably cancel the Capital Dressage Classic. I know we are all strong and can get through this together! Everyone stay safe and healthy! NCDCTA President Amanda Miller

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With all the changes due to the Covid -19 virus and quarantine, I decided to get an update from some of our NCDCTA Board and Members about what they are doing now.

They were asked two questions:

1. How has the stay at home order changed how you enjoy your horse, or run your horse business?
2. Are you doing anything new or have a new project during this time?

Alex Martini

1. This picture was taken by my mom last week at Sweetheart Lake. I have taken advantage of this quarantine "downtime" to enjoy the Walthour Moss Foundation. It's easy to get so caught up during show season training that we don't always make time to just ride for fun.

2. I have been taking all my horses out hacking a lot and they are loving the change of scenery. When riding at home I have been focusing on going back to basics and working on fundamentals such as straightness, suppleness, and relaxation. In addition to the riding, we have been getting A LOT of projects around the farm done!



Alex Martini riding in Sweetheart Lake.
Photo by: Alex Martini's Mom



My Connemara Cross (Watson) enjoying some "lawn time". Photo by Wendy Warner

Wendy Warner

1. Despite being during tax season, I have been able to work from home more. This has given me more time than I usually have during tax season to spend time with my horse.

2. I have started Watson in a Pony Club based back to work program. We haven't done such a thorough conditioning program before. While we are going through our program I am really focusing on the basics: Are you listening to my seat and leg? Am I sitting tall, square and even in the saddle? Are you in a marching walk or active trot? Can you bend left (or more difficult: can you bend right?) It has really improved my focus. I have also found that I am getting a better response from Watson. We work on a task for a few moments, such as walk-halt-walk, then stretch and march on. Or I sneak in a little leg yield and then go straight. Going back to basics...

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NCDCTA 2020 Board of Directors

Visit www.NCDCTA.org for contact information



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NCDCTA Newsletter Deadline is March 10th for the April Issue!

NCDCTA Media Coordinator - Helen Ingersoll
Sponsorships and advertising needs at media@ncdcta.org

NCDCTA Newsletter Editor - Shannon St. Clair Hoffman
news@ncdcta.org or (919) 754-7568

Annual NCDCTA Membership (2020 Memberships are now due) (Expires 11/30 annually)

Senior Member - \$59

Junior Member - \$49

Family Member - \$39

(Family member **must** reside at the same address as *active* Senior Member)

Join/Renew Today at: www.ncdcta.org/membership

Annual NCDCTA Horse of the Year Registration (Expires 11/30 annually)

Horse Registration - \$50 or one volunteer card

Register Your Horse Today at: www.ncdcta.org/horse-registration

Note: To qualify for Horse of the Year (HOY), Rider/Owner must be active members and Horse must be registered **at the time points are earned**.

NCDCTA - Championship Requirements

Do you want to compete in the NCDCTA Dressage or Eventing Championships?
These are the important things to remember.

1. Rider and Owner must be active NCDCTA members **at the time HOY points are earned**.
2. Horse must be registered for 2020 **at the time HOY points are earned**
3. Dressage: Horse/Rider team must have at least one (1) HOY point in the division they wish to compete in the NCDCTA Dressage Championship.
4. Eventing: Horse/Rider team must **complete** an NCDCTA-Recognized Horse Trial and have at least one (1) HOY point in the division they wish to compete in the NCDCTA Eventing Championship.

Make sure your membership is active and your horse is registered for 2020! Do it Today!
www.ncdcta.org



How long do I have to submit my out-of-state results?

"Eventers are responsible for submitting out-of-state results report forms within 10 days of competition."

- NCDCTA accepts eventing results for USEF/USEA-recognized Horse Trials only. Out-of-state combined tests are not eligible for HOY points.
- NCDCTA only accepts out-of-state Dressage CHAMPIONSHIP results from national and regional championship classes.
- Out-of-state dressage results must be submitted within 10 days of competition as well.

Make sure your out-of-state points count by doing the following.

- Submit your results within 10 days.
- Submit the official name and dates of the full competition, not just the day you competed.
- Make sure your name, horse's name and division are spelled correctly.
- Submit a complete and accurate URL for the results. DO NOT submit "Event Entries" or "Dressage Finals". The website you submit should take the membership secretary directly to the competition web page with your name, horse and score on it!
- Submit separate results for each score. Do not submit a screen shot of your USEF report.

2020 Scholarship & Grant Schedule

Scholarship & grant applications are due on the following dates:

7/9/2020 – Labor of Love Jr/YR Competition Scholarship
www.ncdcta.org/junior-scholarship

8/1/2020 - Fall Eventing Grant
www.ncdcta.org/eventing-grant

8/31/2020 – Harvest Moon Jr/YR Competition Scholarship
www.ncdcta.org/junior-scholarship

9/30/2020 – Autumn Leaves Jr/YR Competition Scholarship
www.ncdcta.org/junior-scholarship

11/30/2020 – Annual Scholarship
www.ncdcta.org/education-scholarship

Notable Horses

By: Elizabeth Moore



Elizabeth and her brother Vincent Coviello, 3rd

Interest in horses runs in my family but tends to skip generations. Both of my grandfathers had experience with horses but neither of my parents shared their interest. I am the only one of my cousins to have the interest, and only one of the next generations of my family does to date. For me it has been a lifelong interest, the horses I encounter having endless differences in their personalities although with many similarities.

I won't go into details of my first several years of riding, but wanted to write a series that focused on the variety of horses I've had or learned from (for better or for worse) throughout the years. There will be many I will leave out, but these are the ones that stick out in my memory, mostly fondly.

At first I developed an affinity (some might call it an affliction) for Appaloosas. My first real "trainer" (my definition of that is someone who I took more than let's say 10 lessons with), was Cory Walkey who owned and operated a well-known mostly Eventing facility in Southern CA. for many years called Mill Creek Stables. Many of Cory's school horses were Apps, and several were my favorites. "Babbling Bat" or Babble as he was known, was a 14.2 hd. P.O.A. who could jump a 4' fence, and everyone including myself pleaded to ride him. Cory who was wise to things would many times give you the horse you did not want to ride, and often with a particular lesson plan in mind. For example, one week I was told to ride a chestnut Quarter horse cross "Gorgonzola" or Gorg as he was known. I was very excited because it was one of my first lessons going out into the canyon to school cross country, and Gorg promptly bolted with me speedily away from the group. Cory shouted "PULLEY REIN LIZ!" (folks called me that then), and I somehow magically remembered that we had just worked on that in the previous week's lesson. I applied it for all I was worth, and when I got back to the group everyone was howling with laughter and saying that he always does that and she put me on him just to teach me how to use it.

My parents could not always take me out to Mill Creek, and could not afford to buy me a horse or send me off to shows, so it was around this time that my "training" career began. I got paid to exercise several horses and ponies in the area, often walking or riding my bike to get to them. I was about 14 yrs. old at the time so that was the available transportation. Most of the horses I rode did not have tack that fit them, so I often rode bareback or western until a bit later when I got my first saddle; a Crosby Prix de Nations.

One of the horses I exercised was named "Buckshot". He was a small buckskin Appaloosa whose owner wanted to sell him, so I started riding him up the fire trails, and training him in the basics plus teaching him to jump over makeshift obstacles. After a bit, I called Cory and asked if I could bring him over for her to see. She agreed, so I rode Buckshot about 2 hours on the trails to get to Mill Creek. After a short break, Cory asked me to "jump him over everything in this ring". Her main jumping arena included a bank jump and a liverpool, both of which Buckshot had never seen but he complied and she paid me \$500.00 for him that day. It was my first sale, and not only that but I did not have to ride back! Many years later I saw Cory at an Event and I asked her about him. She replied that he had turned out to be one of the best school horses she had ever had and lived a long life. I wish I had a picture of "Babble" or "Buckshot" to share but I will just share this one from the same time frame of one of my riding friends at the time at Mill Creek in her polo type helmet, (these were basically a hard plastic shell with no padding, at least this one had a retention harness), a pic of my Grandfather with his sulky and my little brother in N.J., and one of me mounted rather crookedly next to my brother on one of my first training projects sans tack, circa 1976.



One of my riding friends at the time at Mill Creek, in her polo type helmet.



Elizabeth's Grandfather, Vincent Coviello, Sr. and her brother, Vincent Coviello, 3rd.

Visualize Your Way to More Effective Dressage

By Lynn Leath

Forward thinking hands

Text: Imagine that the palm of my hand is in front of your knuckles. Continue to push your knuckles into the “imaginary” palm of my hand even during your half halt. That will assure you that your aids are properly directed from the horse’s engine ... to the bridle

Author: USDF Gold Medalist, Lynn Leath has been the owner/trainer of North Star Training Center in Chapel Hill for over 35 years. She frequently employs the use of “imagery” to help illustrate riding and training techniques to her students.

Illustration by Elizabeth Moore, who has a BFA in Illustration , is a USDF Silver medalist, “L” grad w/distinction, and USEF “r” Eventing judge from New Hill. Artwork owned exclusively by the artist.



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Amy Brumbach
Iselle Longman
Willow Chase

FIT TO RIDE

By: Julie Luther

The Willpower Workout

If you are stuck at home and find yourself uninspired and eating yourself out of house and home, how about taking this time to work out your willpower? That's what I said Willpower. Here are 3 steps to help you make the most of your willpower to overcome unhealthy habits. Take a moment right now to choose a behavior you would like to change. Now implement my 3-step process to kick the habit for good!

Step 1 – Visualize yourself resisting temptation.

Visualization has been proven time and time again to improve athletic performance better than actually practicing the skill itself. Imagine that! Simply thinking about something can be better than doing it! Pretty exciting stuff here. In reference to your behavior you want to change...

Set aside time each morning and evening (begin with 5 minutes and if you are willing to, increase it to 15 minutes) to sit quietly and relax and imagine yourself successfully accomplishing the behavior change.

Let us say you want to have the willpower to change your snacks from candy bars and mocha lattes to fruit and yogurt. During your visualization imagine yourself reaching for a candy bar but instead you shake your head NO and grab an apple, or perhaps you are in line at Starbucks for the calorie laden mochaccino but you change it up to a low fat latte with cinnamon sprinkles on top. You could also see yourself choosing to work out with a YouTube video or taking a vigorous walk. Imagine every little detail of the event. The more vivid it is, the greater the success factor. Always end the visualization with a positive outcome.

Practice the same visualization every morning and evening until you find yourself eating that apple or participating in that exercise video. Choose JUST ONE thing to change at a time until you have mastered it before adding others.

Step 2 – Have close encounters.

This step involves placing yourself in harm's way and choosing not to participate in the behavior. You may want to solicit the help of a close friend to help you with the initial phases.

Let us continue to use the chocolate bar scenario. Go to the candy aisle in the grocery store with your friend. Look at all the chocolate, talk about what you would love to get, smell it, and then leave. Then try it on your own. Next actually select some candy, put it in your cart and then put it back. Practice this until you can go to the store, pick up and fondle chocolate, put it back and leave feeling good. Now you are ready for step 3.

In reference to exercise watch the YouTube videos dress out in workout gear, keep looking at different ones until you find one that resonates with you, perhaps the music is what you like or the instructor is extra zippy and keeps you laughing or smiling throughout the video. You don't have to actually do it yet but you are willing to watch it until you are ready to do a portion if not all of it.

Step 3 – Take a taste test.

This step involves tasting the problem food, eating a small amount of it, and stopping. You need to know you can control yourself around the item. If you find, during this step, that you really cannot control how much you eat of this item then it is time to start all over again with step one and two, seeing yourself never eating that food again. On the other hand, it is extremely encouraging to discover that you can stop after a couple of spoonfuls of something. Here is how this step works. Go the grocery store; buy your favorite chocolate bar. Take it home and eat 1 or 2 bites of it. Then save the remainder for another day. Or order a chocolate dessert and eat only 1/3 of it and let the waiter take the rest away.

In regards to exercise, watch just one episode of your current binge wearing your workout gear, then STOP and workout to your YouTube video.

Take advantage of whatever opportunities arise to test your new "willpower". Try not to panic if you screw up occasionally. The important point is to successfully do it enough times to strengthen your willpower by flexing it! Before you know it you will have conquered a new healthy habit during this time we are stuck at home. Here's to all of us for doing what is necessary to stop this pandemic. Hopefully in June we will be able to get back to our lives in the best shape of our life!

Julie Luther is an Exercise Physiologist, corrective exercise specialist and dynamic flexibility certified personal trainer, as well as an equestrian. She owns PurEnergy fitness Center in Greensboro, NC and has been helping folks reach their fitness goals since 1985. You can reach her at julie@julieluther.com and check out her website at www.julieluther.com

Shedding (or Perhaps Not Shedding)

By: Shellie Sommerson

Brought to you by Banixx Horse and Pet Care

Your horse is not shedding out like you expect him to?

Normal shedding is triggered by a hormone produced in the horse's pituitary gland when your horse is exposed to longer daylight hours. But sometimes, the pituitary gland does not 'work' correctly, and there are other factors that affect your horse's ability to shed.

What helps your horse shed:

- Longer days/sunlight — for 60 days, constant, from day to day, 16 hours of daylight (natural and artificial light) are enough hours of light to trigger the necessary hormone to cause your horse to shed his winter coat.
- Exercise – increases circulation and healthier skin to aid the shedding process.
- Sebum – an oily secretion of the sebaceous glands. Your horse gets this from forage, but dry forage has reduced amounts; this 'secretion' does do other things but plays a part in shedding.
- Vitamin and Minerals — Vitamin A, vitamin B, protein and amino acids (hair is 95% protein), zinc and copper.
- Regular grooming!!! Good ole elbow grease!

Problems that cause a horse to not shed or not shed well:

- Low thyroid function
- Pituitary Pars intermedia Dysfunction (PPID) – Equine Cushing's Disease which is a disease of the endocrine system affecting the pituitary gland.
- Parasites
- Poor health in general
- Weather and short days – cold days and nights

Solutions to speed shedding

Your veterinarian can help rule out PPID (Cushing's) and thyroid function issues with a simple blood test. If Cushing's is the problem, daily medication can easily be administered.

Check your deworming schedule and consider getting a fecal egg count on your horse (via your vet). Some horses are just more prone to worms and may need to be dewormed more often.

For stall-kept horses, leave the barn lights on for an hour or two after it gets dark.

Improve your horse's nutrition; do your own research on safely increasing vitamins and minerals, read product labels and speak with your veterinarian. Increasing grazing time if your horse does not have metabolic issues is another option as well.

Finally, the easiest one, get out there with your horse and get him moving; this is good for his overall health, and a healthy coat follows! Moreover, this gives YOU a benefit; horses provide relief from stress, and who doesn't need that right now? Our horses also add to our exercise regime, thus improving our health and well-being too!

Shellie Sommerson lives and works in Southern Pines, NC. She specializes in equine care, management and training. Shellie owns and competes her two Thoroughbreds in eventing (Quit Bucking and Be Worthy).



Slowly shedding pony. Photo by: Shellie Sommerson

Official Photographer for the NCDCTA



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Continued from front cover....

Emme Johnston

1. I have closed my dressage training barn to all but essential staff, so I am doing more of the day to day barn work and enjoying the extra time I have to spend pampering the horses. I am continuing to work the horses but making smart decisions and doing groundwork or lunging if it seems unwise to be mounted. I send regular updates, photos, and videos to all of my clients. I miss seeing my students that I teach at other barns, but the few virtual lessons I have taught have been really fun!

2. I had plans to move my business to a larger facility this spring, and I am planning to go ahead with that move once the stay-at-home order is lifted. So, my new project is getting things in order for that move!



My young mare, enjoying a beautiful sunrise.
Photo by Emme Johnston



Amanda Miller and husband Rob Mobley
Photo by: Chelsea Smith

Amanda Miller

This has completely changed our world but I am positive some good can come out of it. I have enjoyed lessons with my husband, Rob Mobley, and doing projects around the farm that have been needing to be done for a while! It has cut business way back but I'm praying it will bounce right back when America is up and running again.

Helen Ingersoll

I know that the Covid-19 pandemic has been an incredible hardship for many. The illness itself, the stay at home order, and the closing of all non-essential business to name a few. Despite all of this difficulty, I find myself searching for the silver lining of this cloud.

In August of last year, I was reconnected to Lynn Leath. She had a horse that needed some support of the horsemanship variety and I was happy to oblige. We embarked on a journey to restore the partnership she had with her horse, Geronimo. In the months we worked together, we kept finding opportunities to discuss training in a detailed and thoughtful way. Every conversation we had was thought provoking and fascinating. We continued our talks and work, into the holiday season. In January we decided that I would come with my two horses and

we could continue to enjoy our collaborative dynamic. Things were progressing incredibly well with her horse and Lynn took over all of the work by late fall and I found myself riding my horses with her in the arena and being delighted with every observation and suggestion she would make to help me bring my horses along. So, we found ourselves with such alignment and excitement in working together that we decided we would explore an earnest collaboration.

While the difficulty of how we all handle Covid-19 continues, what has been born out of this time has been much more clarity for Lynn and me. We have had the time to spend talking (and DREAMING!!) about how we can serve our fellow horsemen and women. We have been creating a manifesto that illustrates a partnership that helps horses and humans connect on the solid ground of trust and harmony. We've been fleshing out the details of how and when we can help anyone who wants what we have to offer.

We've been mapping out how the work in the round pen and on the ground specifically connects to work in the arena under saddle. We have been working hard to clarify all of those connections for horse and rider alike so that we can offer a roadmap to success. We have had the wonderful opportunity to test drive some of our work and see some exciting results that include confidence and joy. We are grateful for the opportunity to work with Keni Kerin and Greg and Lisa Sheets. Their trust has helped us hone our skills. Even though much has changed through the last month, it has been incredible to have the opportunity to create the beginnings of Round Pen to Arena. *Continued..*



A pair joyful trainers with their horses. Lynn Leath and her horse, Geronimo with Helen Ingersoll and her horse, Legata. Photo credit: Brayden Foster



Seven and me hacking out on a neighbor's farm!
Photo by: Shannon Hoffman

Shannon St.Clair Hoffman

1. I am lucky that my mules and donkeys are at my house. I am able to work from home so I am using the extra time I would have spent commuting to work with my mules and putting in extra time with client's equines. I have been able to complete some much needed projects around the farm.

2. I am riding only my most trustworthy mounts and doing tons of ground and obstacles work with my other equines. I am taking this time to get back to basics, to build stronger foundations by finding and filling in the holes in their education.

Joan Hilsman

1. I'm not trailering to any lessons at the moment & have only one instructor coming to my farm. I'm not doing a lot of jumping either as I am trying to reduce any potential risks of going to an ER!!! Just working on improving flatwork with my three equines & also gymnastics. I'm cleaning my tack a lot more frequently!

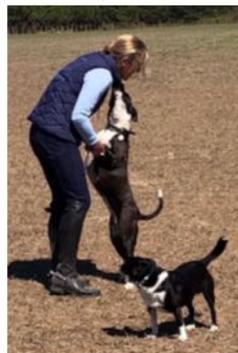
2. I've got my hubby riding w me a couple times a week, since he's not globe-trotting right now. That's a big change! In exchange, I'm riding bikes with him!



Joan Hilsman riding over to the big field on a glorious Spring Day! Photo by: Gil Hilsman



Anne DeKeyser giving Joan Hilsman a dressage lesson, with a little help from Bosco. Photo by: Gil Hilsman



Anne DeKeyser getting a kiss from Thunder. Photo by: Gill Hilsman

Jessica Brown

1. As an instructor at a community college all of my classes transitioned to an online format at the end of March. I am now working from home, while homeschooling my two kids, and working on our family farm. I am very thankful to have my horses at home for a quick riding break between virtual classes.

2. This break has changed my schedule and allowed me to focus on lots of fitness work with longer trail rides.



Social distancing trail rides with my whole family. Photo by: Jessica Brown



Shannon and Madalina (Mammoth Donkey), Photo by: Rambling Cowgirl

*Thank you to all who contributed!
It is great to see and hear from everyone!
May you and your equines stay healthy and well!
Newsletter Editor: Shannon St.Clair Hoffman*

*To be continued in next months issue!
Please send in your quarantine stories and successes!
news@ncdcta.org*



NCDCTA BOARD MEETING MINUTES

April 8, 2020

The NCDCTA Executive Board via teleconference on April 8, 2020. President Amanda Miller called the meeting to order at 6:33PM. Board members on the call were Amanda Miller, Kathy Gubar, Joan Hilsman, Wendy Warner, Ashley Dimmette, Jessica Brown, Karen Mahaffey, Amy Warren, Alex Martini, Rachel Edwards and Emme Johnston. Excused were Helen Ingersoll and Tiana Darling. Will Barrus was also on the call.

VICE PRESIDENT'S REPORT: Joan Hilsman reported the membership numbers as of 4/1/2020:

AA	400	HOY Horses	
Jr/YR	86	Paid	222
Open	153	Vol. Card	79
TOTAL	639	TOTAL	301

Joan noted we have 43 members that ride Western Dressage. Will Barrus said there have been no new members since March 14 due to the Corona virus pandemic. Amanda thanked Will for his efforts to keep up membership.

TREASURER'S REPORT: Wendy Warner reported that as of March 31 we have a loss of \$43K with no horse show income which is \$15K more of a loss than 2019. She compared that between 2018–2019 and 2019-2020 that we have an influx of new members that increased our dues collected \$3,200.

COMMUNICATIONS CHAIR REPORT: Helen Ingersoll reported that Will Barrus is working on a way to send our newsletter to our members via email to get it into their hands. Also, the printer for the newsletter is closed therefore printed newsletters for April will not be available.

COMPETITION CHAIR REPORT: Karen Mahaffey reported that the manager of our Capital Dressage Classic scheduled for May 30 – 31 is concerned that USEF may cancel shows through May. The entries open on April 9th and is not sure what to do. Karen suggests we sit tight for now to see what happens. Wendy Warner suggested we list on the website that with the ever-changing environment over Covid19 entries will be refunded if USEF cancels the date. Additionally, she announced that at March Region 1 meeting NCDCTA was awarded the BLM Championships for 2021. She wants to investigate getting a better date so it will not conflict with the Region 1 Championships. Since both championships were so close together competitors were forced to choose which one to attend.

HOY GALA CHAIR REPORT: Jessica Brown reported she has not gone forward in booking the Fair Barn due to securing the date for the Gala. There was discussion as to when to book the venue. Amanda suggested we wait to see what happens with the Covid19 pandemic and then book the venue.

DRESSAGE CHAIR REPORT: Chair Ashley Dimmette reported that all clinics are on hold at this point as the first one is in June and the second is in July.

EVENTING CHAIR REPORT: Amy Warren reported that the eventing grants will be postponed until the fall and will address the awards at that time.

There being no further business the meeting was adjourned at 7:33PM. The May meeting will again be a teleconference due to the pandemic.

Respectfully submitted by Kathy Gubar, Recording Secretary



North Carolina Dressage and
Combined Training Association
NCDCTA Membership Secretary
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NCDCTA

Because of the Covid-19 restrictions, cancellations and rescheduling of events are happening daily.

For the most updated schedule please visit the website calendar and double check with the event host!

NCDCTA CALENDAR
FULL SCHEDULE CAN BE FOUND AT

www.NCDCTA.org/calendar
