

# Southeast Virginia Dressage Association

April 2010  
Volume 25, Issue 4

## Half Halt



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## Southeast Virginia Dressage Association

### SVDA SPRING FUNDRAISER IS IN FULL BLOOM



Quick Links...

[SVDA Website](#)

[VADA Website](#)

[United States Dressage Fed](#)

[SVDA Schooling Show Entry](#)

[Recognized Show Entry](#)

Spring is here and you can support **SVDA** with your Spring plantings by purchasing flowers, bulbs and much more

Fundraiser runs through **April 23, 2010** so don't delay!

**SVDA Receives 50% of the proceeds** from this effort so buy now and beautify your landscape while supporting our club!

[Click here to shop now](#)



*SVDA is a Non-Profit Organization, Member of the Virginia Dressage Association and Group Member of the United States Dressage Federation.*

**CROSS – TRAINING for the EQUESTRIAN**

As horse owners, we all get a lot of exercise riding, cleaning stalls, lifting hay – intense exercise compared to most adult non-horse owners. Unfortunately as an equestrian athlete we cannot become fit or maintain fitness only through our horse activities. We're also very prone to injuries and stiff from riding and barn work.

It is easy to skip out of exercise because we are busy, have family obligations or are just plain tired out. However cross training is absolutely the best thing you can do for your health as well as improvement in your riding. Like anything in life – it's your commitment that makes the difference.

There are many general books and articles on fitness and some specifically for equestrians. But it's important to find out what YOU enjoy doing. Don't run if you hate running! If you are having fun, then you are more likely to stick to your exercise program. Try out a variety of things like zumba , yoga, Pilates, free weights, an elliptical machine – find out what YOU enjoy and build around that for your program.

Don't expect instant results – Remember slow and steady wins the race and insures that you

won't injure yourself. It's important to make exercise a lifelong habit. Set small, measurable goals – if you last 10 min walking on the treadmill – work up to 15 minutes or add a bit of an incline.

Even if you have worked out on & off all your life – a few sessions with a personal trainer can help design a program that is balanced and interesting enough to keep you motivated. Much like your dressage lessons – a trainer should be able to break things down, explain the reason for an exercise, what it will accomplish & what the variations and modifications are. They should push you but not so hard that you fail. You should feel SUCCESSFUL after a session or you should go elsewhere. Most importantly a good trainer should stress correct technique – think of it like classical dressage – how you do it is just as important as getting it done! It will also insure that you reap the most benefit from your program as well as protect yourself from injuries.

So you don't want to join an expensive gym? It's easier to work out at home anyway – no driving, no make-up! You don't need expensive equipment either – some videos, a stability ball or Bosu (I LOVE my BOSU!) free weights or a medicine ball. I

know lots of people that absolutely love their Wii Fit. YouTube and the internet offer lots of variety for workouts for free. My personal favorite is very cheap: my Gold's Gym Total Body workout kit from Walmart for \$25. It includes 2 easy to use resistance tubes, a stretch band, leg bands, a jump rope (which I don't use), and a great DVD. You can use it in any room in a door jam and take it with you when traveling. It is my FAVORITE workout and I can do it right at home!

Most importantly don't forget stretching. Again a Personal Trainer can show you more stretches than you remember from high school gym class. As a late middle age rider (sigh) – I have appreciated the benefits of an everyday stretching program.

Now to get started... make it on your calendar or list of things to do. You'll be more likely to keep an appointment for yourself. And lastly – you'll be stronger in your core, more beautiful in your form and you'll become more of a partner with your equine athlete.

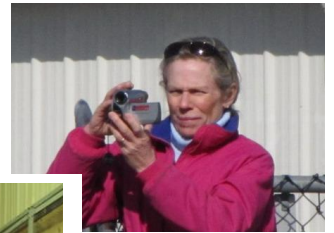
*Submitted by Kathy Rowse*

Disclaimer: If you haven't exercised before, check with a physician before beginning an exercise program.



## March Magic Scores

Rider	Horse	Score	Owner
<b>Danielle Rowland</b>	<i>Action Ace</i>	1st 2 64.444% 1st 4 66.316% 1st 3 68.571%	Mike and Mary Winchell
<b>Melissa Chamberlin</b>	<i>No Doubt</i> <i>AKA Indy</i>	1st 3 60.571% 1st 4 65% 2nd 1 57.105% and 59.737%	Melissa Chamberlin
<b>Kya Endreson</b>	<i>Hazel</i>	2nd in the FEI Jr Individual test.	Kya Endreson
<b>Jessica Zoskey</b>		YR Qualifiers 66 and 68% in	
<b>Patti Farless</b>	<i>Siam</i>	T4 65 1st 2 61.1 1st-1 63	Patti Farless
<b>Kathy Rowse</b>	<i>Basie</i>	Prix St George: 65.789% Prix St George: 69.737% Prix St George, Wellington Cup: 71.842%	Kathy Rowse
<b>Katie Lang</b>	<i>Despekka</i>	TL 1 66.957% TL 2 63.571%; TL 1 65.217% TL 2 64.286% TL 1 63.478% TL 2 65.357%	
<b>Katie Lang</b>	<i>PS Dartagnan</i>	TL 1 58.697% TL 2 68.571% TL 1 60.000% TL 4 62.800% TL 1 63.478% TL 2 62.500%	



**Congratulations to all riders in March Magic.  
Job well done!**

Congratulations to Robyn Nunnally and her horse, Maykel for coming in 4th in Open Training Level at the VADA show.



## *New USEF Caveson Rule*

At any level of competition, a caveson noseband may never be so tightly fixed that it causes severe irritation to the skin, and must be adjusted to allow at least two fingers under the noseband on the side of the face under the cheekbone. Caveson nosebands may be used with a chin pad.

At any level of competition, a browband may be multicolored and may be decorated with metal, beads, gemstones and crystals. BOD 1/17/10 Effective immediately.

What is the correct way to measure 2 fingers?  
There is a diagram but it is not clear to me.  
Are the fingers stacked against the horse's face (one finger touching the face and the other finger touching the

caveson) or are both fingers lying flat (each finger touching both the face and caveson at the same time)?

Please note that the measurement should be with the fingers flat against the horse's cheek.

I believe my fingers to be of normal size, and my index and middle fingers measured side by side equal 1 1/4 inch. If I put them in between my caveson and my horse, perpendicular rather than parallel, my caveson is then VERY loose.



***Future Dressage Prospect !***



## Volunteer Opportunities

*I'm the Show Chair for 2010 SVDA Licensed Shows this year. Most know me as being Danielle's mom; I have volunteered at the Licensed Shows for many years now (10+), generally as a ring steward, runner or scribe - I'm just taking on additional duties this year.*

*To have a great show for you and everyone else, volunteers are NEEDED! Remember that you need a minimum of 4 hours of volunteer time before June to be eligible for year end awards - this is a great opportunity to get in those hours.*

*This year, both of SVDA's Licensed Shows (May 2nd & Aug. 15th) are recognized by the NCDCTA. This means if you are a member of NCDCTA, you can get your volunteer points for them by working at one of our shows; 2 for the price of 1 (you get volunteer points for SVDA & NCDCTA).*

*Look forward to working with you at the shows. Be sure to check out the attached list and let me know what you can do to help. Thank you and have a good day.*

*Donna G. Rowland*

*2010 SVDA Licensed Show Chair*



## Volunteering 101

We have been getting a lot of questions about volunteering. Hope this helps explain things to some extent.

Generally one of the easiest for the kids to do is to be a **runner**; being younger, their legs can handle it the best. Basically this consists of collecting the completed test sheets from the judge's scribe between tests and 'run' them to the secretary's office area so they can be scored.

An 'am' job is from the show start (generally ~8am) - till noon or so and the 'pm' job is from then till the show's end. Each is about a 4 hour stint - sometimes less or a little more. Also a parent can work the job to give the volunteer points for their child (is what I did for years). It usually started out that she was going to work, but ride times interfered, so I would step in and take over until she was able to resume. Sometimes she came back, others I just finished up. Later it was easier to just volunteer my time and give to her so I knew she would have enough points for the year end awards. I generally would volunteer all day as I was going to be there anyway - those at the shows always relieved me so I could go tape &/or watch my daughter ride if she wasn't in the ring I was working. We will work with you on things like this - we've all been there before.

**Water cooler job** is to supply ice water for the riders - generally you fill the 2 coolers up with ice and let it melt to supply the water.

A **ring steward** lets the riders know who is to go into the ring, who is 'on deck' (next to go into the show ring), and who is 'in the hole' - 2 out from showing. They also check the bits to make sure they are legal (gloves are provided and changed after every horse, check the horse for any thing that looks wrong (ex bleeding), & measure the whip is one is used.

At recognized shows, Bits are checked about every 3rd rider. If it is a FEI class, sometimes the TD wants every rider checked. If you question anything, call the TD to make a determination. A warm-up ring steward tries to keep the riders warming up aware of the time and who is go to which ring - also communicates with the ring steward at each ring.

**Scorers/office help** is done by someone who has good communication skills, is patient, knows how to use a calculator and can take orders. This is generally a very hectic job. For the recognized show, Dianne & Bill Boyd are in command here (our show manager & secretary). This is a very important job as you are scoring riders tests and great accuracy is needed, because believe me, if you get it wrong, you are going to hear about it!

**Ring transportation** is done by whoever has the ring (or their designee) to get it to the farm for set up. Ring set up is exactly that - ring positions are measured and the ring is set up - done the day before the show generally around 2 or 3pm and takes a couple of hours - the more helpers you have the faster it goes.

**Ring take down** - exactly that; after the last ride of that ring, the ring is taken down. Set up & take down also



means the setting up/taking down of the tents, chairs, cleaning up, etc.

The **scribe** take notes of the judges' comments - the ones that appear on the tests and puts down the score the judge tells them. Definitely a help if you know the movements and abbreviations that are used so the riders understand the comments. This job is currently taken for both shows.

The **Cooler/Snacks** job is to provide snacks & drinks for the judges & scribes (mainly the judge); and some have very definite likes and dislikes.

I'm attaching an updated list which includes those who have volunteered so far. I rather have too many than not enough at any of the jobs. I sincerely appreciate the help!!

Hope this helps!

Donna Rowland

**SVDA's Licensed Show Entries are now OPEN!**

**Show Date: May 2, 2010**  
**Show Location: Carlton Farms**

**[Click here for Prize List](#)**

**Entries Close on April 16, 2010**

**Volunteers Also Needed for the Show**

**Please contact [Donna Rowland](#) and sign up today!**



### Volunteers for Recognized Show May 2, 2010

#### Ring Transport to:

Sarah Miller

Mary Winchell or John Rombs

Ring Set-Up: (8) Saturday – May 1, 2010 can always use extra people!

Sarah Miller

The Rombs (John, Dianne, Jennifer, Tiffany)

Mary Winchell

Donna Rowland

Nancy Pettet

#### Scribes: (4)

Ring 1 AM: Anita Rees

Ring 1 PM: Anita Rees

Ring 2 AM: Carol Gonyo

Ring 2 PM: Carol Gonyo

#### Ring Stewards: (4)

Ring 1 AM: \_\_\_\_\_

Ring 1 PM Nancy Speisser

Ring 2 AM: Laurie & Selwyn Curtis

Ring 2 PM: \_\_\_\_\_

#### Runners: (4)

Ring 1 AM: Melody & Hannah Whitesell

Ring 1 PM: \_\_\_\_\_

Ring 2 AM: Julie Shilling

Ring 2 PM: \_\_\_\_\_

#### Warm up Ring Stewards: (2)

Ring 1 AM: \_\_\_\_\_

Ring 1 PM: \_\_\_\_\_

Cooler/snacks: Janice Munford

#### Scorers/Office Help: (4)

AM: \_\_\_\_\_

AM: \_\_\_\_\_

PM: \_\_\_\_\_

PM: \_\_\_\_\_

#### Water Cooler Supply

AM: \_\_\_\_\_

PM: \_\_\_\_\_

#### Floater: (2)

AM Carol & Nikki Jordan

#### Ring Take Down: (6) can always use extra people!

Donna Rowland

Anita Rees

Kathy Rowse

Danielle Rowland



## Preparing for Show Season Success

*Submitted by Anna Schreibl*

Spring is finally here and we're putting away our winter blankets and pulling out the calendars to plan the show season. With a little preparation, our SVDA members can enjoy show season success.

It's time to check the fit of your horse's tack as well as the fit of your show clothes. Has a gain of weight or loss of muscle changed anything for either of you? You can save a lot of money by getting your clothes tailored and save a lot of training frustration and possibly vet bills by ensuring your horse's saddle fits him correctly. Now's the time to get with the saddle fitter if adjustments are needed. Be sure to schedule an appointment if your horse's musculature changes later as well. Check to ensure the equipment you currently have, including the bit and whip, are still within USDF regulations. While you're at it, have you reviewed the show rules and any changes that have been recently issued?

Now's also good time to get your spring vet check, shots, coggins and health certificate (if needed) done. The vet's will be busy so book early.

You've got an idea of what level you'll be riding but do you know your tests inside and out? Even if you have a caller, know your test. You'd be surprised what a stress reliever that can be. Our jumper and event riders walk their courses but we dressage folks don't often do that. You don't need a ring - you can even walk your test in your backyard. Be prepared for curious onlookers though. ☺ Can you close your eyes and visualize the dressage ring and know where each letter is? The placement of the letters and "feel" of the ring should be second nature to you.

Do you know what your horse's "best day" is? Is it after a day off, three days of work, or a day of hacking in the forest? Knowing that can help you time him for peak performance on the day of the show. Be sure to also learn what his best warm up time/method is and time that with your dressage ring time. How is your riding form? Invest in some lunge line lessons. They make a big improvement in your seat and the independence of your aids and these are the foundation of your riding success.

Does your horse anticipate? If so, break up the parts of the test to practice separately and don't always halt at X on the centerline. Have you prepared yourself mentally for what your reaction will be if you make a mistake or your horse misbehaves? Every mistake is a training opportunity so try to see it as such and make a mental note of what you need to work on at home. Getting upset won't help you or your horse so don't let the disappointment from one bad movement carry over to the next. It's over and behind you so carry on as if it didn't happen.

If your horse is spooky or looky, set up some training aids at your home turf. You can get cheap beach balls, flags, and umbrellas at the dollar store. Give him a chance to get used to things at home that you think might draw a reaction at a show. Are you the nervous one? Think about riding "against yourself" and not other competitors. It may help to not look at who is riding in the same class if that rattles you.



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OK, it's the day of the show! Do you and your horse look tidy and clean? Groom and braid your horse and make sure your tack and boots are spotless. It will show respect for the judge and give you added confidence. Arrive in plenty of time to check in and to get you and your horse used to the unfamiliar surroundings. If you haven't booked your instructor for the show, make sure you've gone over your plan of action for warming up and riding your test.

Little things can add up to a better score. Are your circles round and if they are ridden at either end of the ring, have you rounded the corners? Are your diagonals straight? Is your halt square? The judge's first impression of you begins when you enter, halt and salute. Ride forward, not fast, into the ring and don't rush your salute. Use that moment for a nice deep breath and relax. Precise riding is the cornerstone of dressage. Make each movement the best you can and be sure to collect points by riding them at the right point in the ring. Ride your corners. Ride forward on your extensions and remember to offer your hands forward to your horse (while still keeping the contact) so your horse can stretch into them and lengthen his frame.

Sportsmanship is extremely important. Don't hog the warm up ring and call out if you are executing a movement that may block someone's path. Be encouraging to the riders exiting the ring before your test and entering the ring after yours. They are probably as nervous as you are and could use a kind word! Good sportsmanship also means respect for the judge and the volunteers. Never discuss your personal opinion of or badmouth a judge or share that they judged you wrongly with other competitors. Be sure to thank the volunteers and be polite to them – they are the ones who make the show happen. And while you're at it, sign up to volunteer at the next show. It's the best way to really learn the ropes!

Above all, remember that you worked hard to get here and spent a lot of dollars along the way, so have fun and good luck!



## Important Notices

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Please make note, for SVDA Shows:

**SPECIAL REQUESTS FOR RIDE TIMES MAY OR MAY NOT BE HONORED**

**YOU MUST FIRST GET YOUR RIDE TIMES THEN VOLUNTEER IN THE OPPOSITE TIME SLOT (RIDE IN THE MORNING, VOLUNTEER IN THE AFTERNOON OR VICE VERSA) OR YOU MUST BRING A CAPABLE ADULT FAMILY MEMBER TO WORK WHILE YOU ARE RIDING.**

**Thank you.**

Robyn Nunnally

### *Policy Change*

*Schooling show entries will be NON-REFUNDABLE after the closing date.*

*Clinics will continue to be NON-REFUNDABLE after the closing date unless you fill your own slot.*

*Any exceptions must be presented to the board and voted*

*Be sure to SAVE all your paper tests with scores to submit for year end awards. Copies of tests and scores will be required when applying for year end awards this year.*

### **Please Note!**

The show schedule for April has changed. The APRIL 18<sup>th</sup> show will be held at Merry Oaks Stables, Windsor. Sandy Johnson will be the judge.

The June 13<sup>th</sup> show will be at Happy Valley, Suffolk. Nicky Vogel will be the judge.



## Membership and Info

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### Remember to Join

The Show Season Starts this Month.

Make sure you are a member so your scores count!

Senior Member \$45.00

Junior Member \$35.00  
(Under 18 years of age)

Family: \$75.00 two members  
\$25.00 for each additional member

Farm: \$75.00 two owners  
\$25.00 for each additional member – limit four members total

[Click Here for Membership Application](#)

## OPPORTUNITY CLASSES

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For those who enjoy dressage schooling shows but haven't yet tried nationally licensed competition: our two SVDA Recognized shows (as well as many other recognized shows) next year will offer the new "Opportunity" classes from training to **second** level.

No memberships or horse I.D. are required, and even the \$15 per horse USEF drug fee is waived for these classes. This offers an inexpensive way to participate and try out recognized competition! Mark your calendars for the May 2<sup>nd</sup> and August 15<sup>th</sup> 2010 SVDA Recognized Shows in Williamsburg!

*Show Results for March SVDA Show*

[Click Here](#)

### VADA/Nova Hosts "Three in One" Spring Clinic

VADA/Nova is kicking off 2010 with a "Three-in-One" clinic with R judge and USDF Gold Medalist Lisa Schmidt April 24-25 at Looking Glass Farm, Hamilton VA. Day 1: Riding Clinic with 8 rider spots and unlimited space for audition. Emphasis on preparing for that first show of the season. Day 2: Fix-a-test with additional rider spots. Build on Day 1 by riding a test of choice, or come only for the Fix-a-test and get feedback on your progress over the winter. Day 2: In addition, VADA/Nova will host a Volunteer Training Session in conjunction with the Fix-A-Test - learn to scribe and/or score tests in a relaxed environment. More details to be posted on the VADA/Nova web site. Questions? Contact organizer Alison Head, [lookingglassfarm@mac.com](mailto:lookingglassfarm@mac.com). About Looking Glass Farm: [www.lgfsporthorses.com](http://www.lgfsporthorses.com)



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\* All board includes working, holding for farm scheduled farrier, vet and dentist appointments and blanketing. Please call for additional information or check out our website.

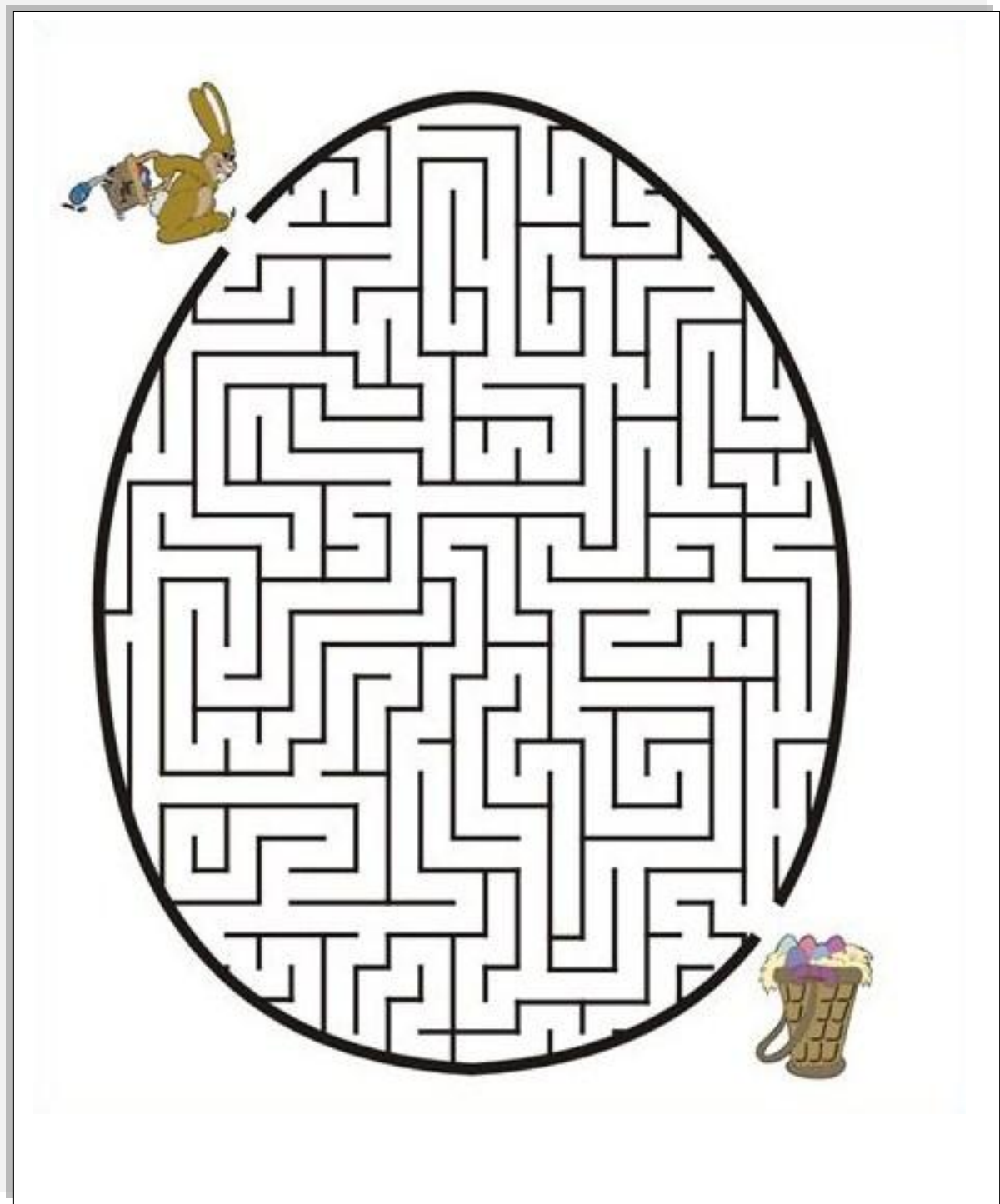
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**A friendly environment and quality services await you at Indian Point Farm. Come see us. You will be glad you did!**



### Easter Fun





# Bridlewood Estates Equestrian Center

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**For Information  
about Bridlewood:**  
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Indianpointfarms.com  
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757-923-FARM



### About Half-Halt

Half-Halt is published monthly by the SVDA and provided as a service to its members. News items, show results, calendar of events, photos, classifieds and services directory are incorporated into the newsletter.

### DEADLINE FOR NEWSLETTER IS THE 25th OF EACH MONTH

Carol Jordan  
Newsletter Editor  
[Sesroh1@verizon.net](mailto:Sesroh1@verizon.net)

SVDA encourages its members to submit articles, member updates, information and pictures for publication, however, SVDA reserves the right to edit, reject or use materials as and when deemed appropriate.

SVDA Members:  
Submit your Show Scores for publication in Half-Halt by emailing Carol at: [Sesroh1@verizon.net](mailto:Sesroh1@verizon.net)

## From the Horse's Mouth

**Before the equine dentist makes his annual visit, brush up on your dental terminology so you'll be able to keep up with the conversation:**

*arcades—rows of teeth.*

*bars—the open, or interdental, spaces on the jaws between the incisors and cheek teeth where the bit sits.*

*canine teeth—small pointed teeth that grow in the interdental space near the corner incisors. Most commonly found in male horses, they are also called "tushes" or "tusks."*

*cap—a remnant of a deciduous tooth that can persist atop a permanent tooth.*

*deciduous—falling off or shed at a natural stage of life, as occurs with "baby" teeth.*

*floating—filing down sharp edges on a horse's molars using a long-handled rasp called a "float."*

*Galvayne's groove—a stained vertical furrow that first appears at the gum line of the upper incisors when a horse is about 10 years old. Its progress down the tooth assists in determining an animal's age; by age 15, it is halfway down the incisor, and by 20, it extends the full length of the tooth.*

*hook—a point or peak on a tooth's chewing surface that is developed through abnormal wear.*

*incisors—the six front top teeth and six front bottom teeth; used for cutting and nipping rather than grinding.*

*molars—the 24 grinding teeth located along the jaws, used for crushing feed; also called cheek teeth.*

*occlusion—surface contact of normally aligned opposing teeth.*

*wolf tooth—one of up to four rudimentary teeth occasionally present in front of the first molars. In rare cases, these teeth interfere with bit action and must be removed.*

*This article is from EQUUS Magazine, Issue 247 (May 1998), copyright 1998 by PRIMEDIA Enthusiast Publications, Inc. All rights reserved.*



## Calendar of Events

Date	Event	Location	Judge/Contact
April 3 & 4	Jim Koford Clinic	Silverleaf Farm, Suffolk	Kathy Rowse
April 11	SVDA Clinic - Kathy Rowse	Silverleaf Farm, Suffolk	Contact Renee Hall
April 18	SVDA Schooling Show	Merry Oaks, Windsor	Judge: Sandy Johnson
April 17	Margaret Gafford Clinic	Patriot Farm, Smithfield	Anna Shriebl 876-3272
April 17 & 18	Kassie Barteau Clinic	Light Horse Farm, Linville, VA	Leslie Sebers 540-335-6042
April 30 & May 1	Jim Koford Clinic	Silverleaf Farm, Suffolk	Kathy Rowse
May 15 & 16	Gil Merrick Clinic	No Worries Farm, Maidens, VA	Geri Hollander, 804-347-2123
May 15 & 16	Dressage at the Meadow	Doswell, VA (near Richmond)	Judges: Kem Barbosa and Nancy Lowey
May 15	Margaret Gafford Clinic	Patriot Farm, Smithfield	Anna Schriebl 876-3272
May 23	SVDA Schooling Show	Princess Anne Farm, Va. Beach	Judge: Kris Montgomery
May 23	SVDA Clinic – Janice Mumford	TBD	Kathy Rowse
June 13	SVDA Schooling Show	Happy Valley, Suffolk	Judge: Nicky Vogel
June 20	SDVA Clinic – Tristin Hardy Butler	Bridlewood Estates, Suffolk	Kathy Rowse
July 11	SVDA Schooling Show	Terra Ceia, Suffolk	Judge: Nancy Lowery
September 5	SVDA Schooling Show	Bridlewood, Wakefield	Judge: Tristin Hardy Butler
September TBD	Patti Pierucci	TBD	Kathy Rowse
October 3	SVDA Schooling Show	Sterling Meadows, Va. Beach	Judge: Margaret Little
October TBD	Kris Montgomery	Wellington	Kathy Rowse
November 7	SVDA Schooling Show	Marturia Farm, Chesapeake	Judge: Deri Jeffers
November 28	Kathy Rowse	Silverleaf Farm, Suffolk	Kathy Rowse

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# 2010 SVDA JR/YR USDF Region 1 Team Championship Information

*Fun, fun and more and more fun!!!*

## Who can participate?

The Junior/Young Rider Region 1 Team Championships are open to all USDF Region 1 members 21 yrs or under (in the year of 2010) who would like to participate. Your SVDA membership gives you a qualifying USDF affiliate membership.

## Benefits of the SVDA sponsored team:

1. You will be eligible for all or part of the costs of entries and stabling to be paid
2. You will receive a Team polo shirt and saddle pad, and possibly polo wraps (fundraising!)
3. You get to have fun with the other members with decorations, costumes and team spirit
4. You will stable with other participating SVDA members
5. You will receive assistance and coaching at the competition and assistance with entries
6. You will be eligible for other planned activities such as a low cost clinics
7. Scores can be counted towards schooling show year end awards

## To participate as part of the SVDA team you must:

1. Be a current 2010 SVDA member (go to [www.gosvda.org](http://www.gosvda.org) for information)
2. Participate in the fundraising (approximately \$350 per rider)
3. Let Tristin Hardy Butler know of your interest as soon as possible (**see intent form**)
4. Have at least 4 volunteer points for SVDA by July 1<sup>st</sup> – this will also help for your year end award requirements.
5. Be able to competently ride dressage Intro A & B tests or higher (through FEI)

*NOTE: This year you must have your volunteer hours and fundraising committed prior to mailing entries in May – not necessarily completed but confirmed through Robyn Nunnally for volunteering and through Tristin for fundraising.*



[Click Here to Download Intent Form](#)



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**Upcoming Activities for Junior Riders Team:**

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- **March 7<sup>th</sup>** – SVDA low cost clinic with Tristin Hardy Butler at Bridlewood Estates in Suffolk, VA. See [www.gosvda.org](http://www.gosvda.org) for details. A chance to gain/evaluate skills and work with team chef d' equipe, and get your horse in the show ring for the next weekend's show.
- **March 14<sup>th</sup>** – first SVDA schooling show at Bridlewood Estates in Suffolk, VA. **Proceeds from this show will benefit our team fundraising** – so, please volunteer and show if possible! We want a nice full show. This will help the show run smoothly, the more participants, the more profit, plus you can get some of your volunteer requirements done early.
- **April 3<sup>rd</sup>** – Team Meeting @ Bridlewood Estates, Suffolk 4:00 pm. Begin of Pizza and cookie dough sales. Packets available meeting, via mail, or on-line information will be available. This is a HUGE profit maker every year, everyone looks forward to their pizza and cookie dough! Decorations, costumes, fundraising, show and entry info.
- **May 3<sup>rd</sup>** – Pizza orders Due. Fax, phone, mail or email. **Must** receive by this date.
- **May 3<sup>rd</sup>** – Letters of intent due. However, please let Tristin know of your interest as soon as possible. This will help in planning for fundraising, making teams and to make sure you are kept informed of important information. Changes and additions can be made until entries are due.
- **May 10<sup>th</sup>** – Entries Due to Tristin.
- **May 15<sup>th</sup>** – Team Meeting @ Bridlewood Estates, Suffolk, 4:00 pm. Decorations and costumes. Entries.
- **May 15<sup>th</sup>** – Pick up Pizza orders.
- **May 23<sup>rd</sup>** – meeting at Bridlewood Estates, Suffolk, 3:00 pm. Pick up pizza and cookie dough, finish entries, work on decorations and costumes. **Complete Entry forms due.**
- **June 20<sup>th</sup>** – **Fix a Test** with Tristin @ Bridlewood Estates - see clinics and programs on SVDA website for info
- **July 23<sup>rd</sup> - 25<sup>th</sup>** – **Team Championship Show** – Friday travel to Morven Park in Leesburg, VA. Saturday and Sunday competition. Sunday awards ceremonies.

**Please contact me with any questions – Thank you! Tristin Hardy Butler**

757-615-4975 phone [tristin@elfenridge.com](mailto:tristin@elfenridge.com) 888-485-2197 fax



## Volunteer Information

### Volunteer Hours

Member	Hours
Aimee Batten	4
Melinda Brown	4
Melisa Chamberlain	8
David Christiansen	16
Reeta Edmundson	8
Ginger Endreson	6
Kya Endreson	3
Susan Forester	6
Allan Gonyo	2
Carol Gonyo	8
Janell Gregory	1
Rene Hall	8
Tristin Hardy Butler	18
Betty Johnson	2
Sandy Johnson	24
Stacey Johnson	6
Carol Jordan	8
Becky Kelly	8
Ariana Mahek	4
Barbara McArthur	4
Joan McClellan	8
Sara Miller	13
Janice Mumford	8
Louise Murray	1
Wendy Murray	17
Robyn Nunnally	32
Mike Owen	4
Shawn Owen	16
Sydney Owen	4
Kim Phalon	2
Beth Rippel	8
Diana Rombs	3
Jennifer Rombs	3
John Rombs	3
Tiffany Rombs	3
Donna Rowland	8
Kathy Rowse	22
Nancy Slack	4
Julie Spencer	8
Amanda St. John	8

### SCHOOLING SHOW VOLUNTEER POSITIONS – 2010

Date: April 17

Location: Merry Oaks, Windsor

Entry Secretary: Toni Meranda

109 Winterbery Circle, Smithfield, VA 23430

[t.meranda@charter.net](mailto:t.meranda@charter.net)

757 813-7929

Show Secretary A.M. Nancy Slack

Show Secretary P.M Valerie Harrell

Ring Transportation to: Sara Miller

Ring Set up:

- Katherine Owens
- Janel Gregory
- Sara Miller

Lunches & Snacks: Anita Rees

Scribe A.M. Pam Burdette

Scribe P.M Marilyn Leonard

Ring Steward A.M Reeta Edundson

Ring Steward P.M Robin Jones

Runner A.M. Emma Burdette

Runner P. M. Susan Forester

Ring Take Down


- Sara Miller


Ring Transportation from (1): Sara Miller

SVDA Rep:

- a.m. –
- p.m. – Wendy Murray





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Eggs  are a symbol of the new life that returns to nature at Easter Time. The custom of exchanging eggs began long before Easter was celebrated. It was a custom of the Egyptians and the Persians. They exchanged eggs decorated in Spring colors. They believed Earth hatched from an egg which contributed to this custom. Early Christians used red colored eggs to symbolize the Resurrection. In England they began writing messages and dates on their eggs and exchanging them with friends and loved ones. In the 1800's, candied eggs were made. They were open on one end and a scene was put inside.



# Classifieds

Item	Description	Contact
Saddle, Albion SLK Ultima dressage (list \$3600 new).	17 1/2" seat, Wide tree, High profile, black, excellent condition, very comfortable, only used about 9 months. \$2500 serious offers considered	Tristin 757-615-4975, <a href="mailto:tristin@elfenridge.com">tristin@elfenridge.com</a>
		
Albion Legend Dressage Saddle	18 1/2" seat, wide tree, black, good condition. Discounted to \$700 offers considered.	Tristin 757-615-4975 <a href="mailto:tristin@elfenridge.com">tristin@elfenridge.com</a>
Bates Innova Dressage Saddle	- Size 0 (16.5 - 17) - Standard Contourbloc Medium Gullet Installed. Saddle is two years old in Excellent condition, only used one year due to pregnancy. Purchased new for \$2695. Willing to take loss on this saddle as I must sell. Asking for \$1300 final offer.	Corinne Meadows <a href="mailto:LtSassy1@aol.com">LtSassy1@aol.com</a> 757-935-7438
		
Saddle, Albion K2 dressage	17" seat, Medium Wide, black, very good condition, used less than a year, does not fit new horse. Bargain at \$1650 (serious offers considered).	Kya Endreson 252-996-0004, <a href="mailto:09dressage@gmail.com">09dressage@gmail.com</a>
Horse Warmblood	Swedish Warmblood mare with papers, bay, 16 hh, 10 yr old. Schooling 1 <sup>st</sup> and 2 <sup>nd</sup> level, also jumps and hacks on trails. Won the SVDA training level schooling show championships! A steal at \$9500 to good home	Tristin 757-615-4975 <a href="mailto:tristin@elfenridge.com">tristin@elfenridge.com</a>
Horse Quarter Horse	Registered Quarter Horse mare, black, "Ima Little Bit Sweet", 15 hh, 5 yr old, solid basics, training level, schooling 1 <sup>st</sup> level, jumps, trails, ridden Western and English, great all around horse. Lightly shown, well behaved Priced to sell at \$3400, offers considered.	Tristin 757-615-4975 <a href="mailto:tristin@elfenridge.com">tristin@elfenridge.com</a>



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BUSINESS CARD	\$5.00	\$50.00
CLASSIFIEDS	\$5.00	\$50.00

**Submissions MUST be received by  
the 25<sup>th</sup> of the month.**



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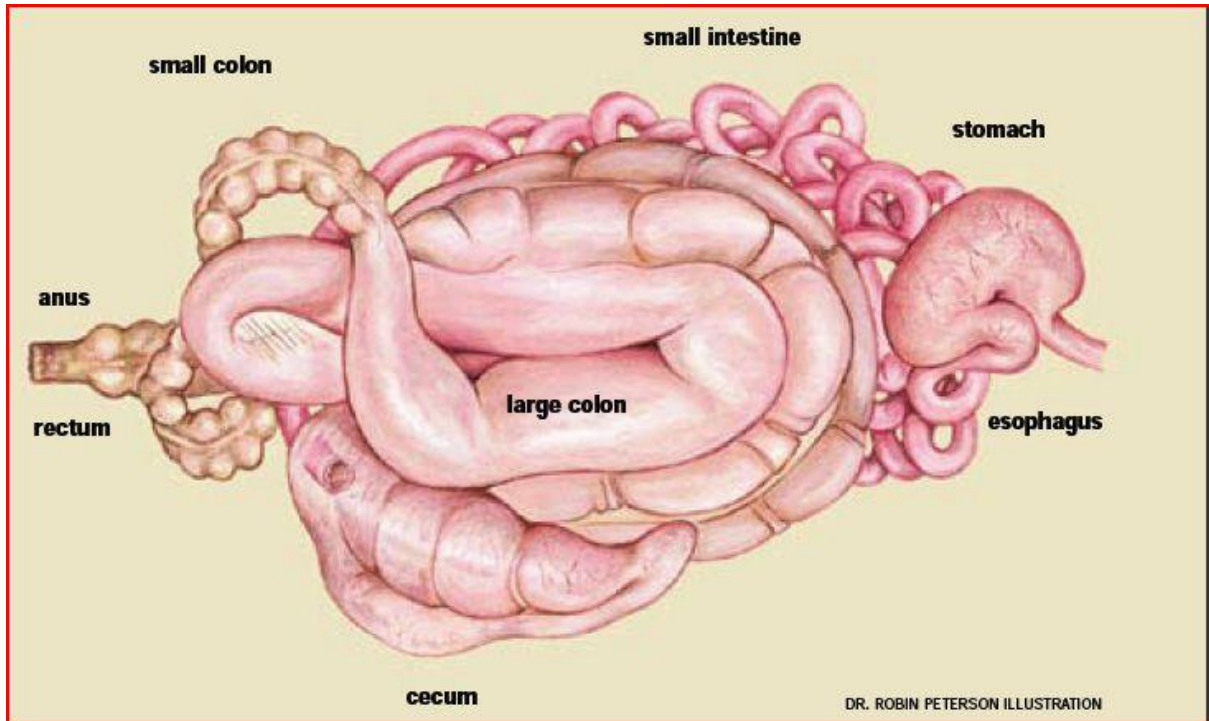
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## FAST FACTS

- The equine digestive tract is large, complex, delicate, and functions like a factory.
- The digestive system includes all structures involved in the reception, reduction, digestion, absorption and elimination of food.
- The digestive system is essentially a muscular tube that propels food in the oral to anal direction, breaking down food particles and absorbing nutrients along the way.
- Some of the more common problems that can occur in the digestive system include choke, colic, gastric ulcers, colonic ulcers and diarrhea.
- Life-threatening complications such as sepsis and laminitis can develop secondary to intestinal dysfunction.



# Merry Oaks Rescue Horse Benefit Clinic

## 24 April 2010

### Dressage Lessons

Have you ever wanted to learn about dressage? Join us and learn in a relaxed atmosphere! Lessons are available to horses and riders of all levels, breeds and disciplines. Anna Schriebl, the instructor, trained in Germany for six years with a former instructor from the Spanish Riding School of Vienna and competed in dressage and show jumping in Germany and America. She also earned her German Bronze Riding Medal.

Lessons are \$30 and all proceeds will go toward the Merry Oaks rescue horses' vet bills. Instruction is available in English or German.

Please call 876-3272 for more information.

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## VADA Board Minutes

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### *Minutes from Board Meeting*

*March 7, 2010*

### *Charlottesville, VA*

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Board members present: Jane Palmer- ShenVADA, Tracey Smith-Oliver- SWAVDA, Judith Harroun-Lord- ShenVADA, Robyn Nunnally- SVDA, Jessie Ginsburg- NOVA, Beth Rippel-SVDA, Sharon Ackley- VADAF, Alison Douglas-Central, Catherine Kern- Charlottesville, Carter Bass-Charlottesville, Shelli King- NOVA, and Tammy Hryczaniuk- Fredericksburg, Alison Head-NOVA.

Other members present: Vicky Germroth- ShenVADA, Melyni Worth-Charlottesville, Sandy Johnson-SVDA, Anita Scruggs-ShenVADA, Nancy Lowey-Charlottesville, and Sherrie Booye-Charlottesville.

No representatives from NEVADA were present.

In the interest of time, minutes from the last meeting were not read, but Alison clarified that the Charlottesville Twin Shows mentioned in the last minutes have nothing to do with the Fredericksburg Chapter. Some members had mentioned confusion from past events using the same "Twin" name.

Elections were held and the board from last year was re-elected- Bettina Longaker- President, Beth Rippel- Vice-President, Jessie Ginsburg- Treasurer, and Alison Douglas- Secretary.

There was discussion regarding the Adult Team Show embedded with the Charlottesville Twin Shows and how expenses would be divided. It was decided that as the show dates got closer and entries for each received, it would be reviewed again. Information regarding the Adult Team will be sent to each GMO along with sponsorship forms in hopes to generate interest and funds. The insurance requirements for the facility were mentioned and members of Charlottesville and the



VADA board will ensure that both clubs are covered adequately.

The board voted on the date for the 2011 clinic. The dates available were April 2<sup>nd</sup> and 3<sup>rd</sup> for Morven and March 26<sup>th</sup> and 27<sup>th</sup> for Lexington. After discussing that the Lexington date conflicted with Williamston and we had no commitment from a chapter to help organize and staff the clinic if we had it in Lexington, the April dates in Morven were chosen.

The Purple Books have been mailed and extra copies were given to Chapter reps present for distribution to new members. Ad revenue was down this year and as a result the cost per book was \$5.94. As \$6.00 is what VADA receives per member, further discussion will be held at a later board meeting.

Treasurer's report- Jessie reported that the combined balances in our accounts was \$114,338.22.

Members spoke of Courtney King-Dye's injury and tabled discussion for a future meeting regarding our position on mandatory helmet usage.

The next board meeting will be held on Sunday, April 18<sup>th</sup>. The location of the meeting has not been finalized.

Meeting was adjourned at 11:30 a.m.

Respectfully submitted,

Alison Douglas

