



February 2009
Volume 21, Issue 2

Inside this Issue

- 1 President's Message
- 2 January Board Meeting Minutes
- 3 2007 Scholarship Report – Hollyn Mangione
- 4 Sitting Trot Drama? Simple Exercises to Solve Your Problem
- 5 3rd Level and Below Fix-a-Test & Clinic with Nicky Vogel
- 6 Notice to Members
- 7 Membership Form
- 8 Classifieds
- 9 Year End Awards
- 10 Member of the Month – Carter Bass

Virginia Dressage Association, Inc.
Charlottesville Chapter

EXTENSIONS

President's Message

Hi Everyone,

I never did make it to Florida, so I had the pleasure of attending our Banquet and year end awards. It was so nice to see all those who attended, and to see how well folks did winning year end awards. I would like to extend many thanks to Amy Gadsden for all her hard work organizing this. We had a fun time.

We have a lot of activities coming up this year. We made the decision in Dec/Jan not to go ahead with the licensed show at Culpeper, as we felt that in this year of economic uncertainty to try and introduce a new competition at an untested venue was too risky. We do plan to go ahead with it in 2010 however, so please come and join us in getting this show organized and staffed. We are going to need "all hands on deck" to make this project work, so no matter how small a piece of the action you feel you can do, please step forward and volunteer. We need you!

To help fill out the calendar we will have a schooling show at Cedar Creek on June 20th. This show will have a show jumping course set up and the cross country course will be open for schooling. There will be no charge for dressage show participants to school cross-country or show jumping (donations happily accepted to RWP). The SJ course will be raised at 2 hr intervals throughout the day, so you can practice over different heights. This should make it a really fun day out for all the Combined Training and Horse trial riders who can have a practice event if they so wish. Suitable head gear, a protective vest and armband are required. USDF dressage tests will be in a full arena while USEA event tests early in the day will have a short arena.

The Adult Team Competition returns to Culpeper in August. This year we would like to get together a team or two from VADA-CH with a bit more notice. Competitors within a team can ride at any level and the teams can be made up of mixed level riders, so if you want to ride at this lovely facility in a show run to licensed standards but far less expensive than a normal licensed show, this is your chance. Sign up to ride on a team – everyone is welcome.

We have a slew of clinics coming up. On March 3rd Cedar Creek have a "Teach Your Horse Piaffe In-Hand" clinic for a cost of \$15, from 6pm onwards. Bring a chair and enjoy free soup and chili. Anyone can learn to do this and you don't need to be riding at any level to learn. The horse does not need to be FEI or even under saddle. And it's far easier to teach it in-hand and then move on to under saddle. Call me on 540-294-3003 if you are interested.

March 21/22nd is the Chapter Grant Clinic with Jeannie MacDonald. On March 28th there is a Clinic/Fix-a-Test with Nicky Vogel, at Toadhollow Farm. Complete details on both of these clinics follow in the Newsletter.

I hope you are all getting to ride despite this cold weather; hang on in there as spring is coming!

Yours truly,

Melyni

Upcoming Events

February 10th
7pm, Topeka's Steakhouse
Rt. 250 Pantops,
VADA-CH Monthly Meeting
 All members are welcome!

February 8th
11am, Doubletree Hotel
Charlottesville
State Banquet
 Reservations deadline passed so those with reservations only will be able to attend.

February 15th
Dressage Schooling Show
Farafield Farm
Quinque
www.pieruccidressage.com

February 21st
CT/Dressage Schooling Show
Campbell Springs Farm
Chesterfield, VA
www.cvcta.org

February 23rd
6.30-8PM Rider Fitness
Livity Yoga & Fitness
609 East Market St, Suite 209
Charlottesville, VA
www.livity.net

March 21-22
Grayson Farm
Scottsville, VA
Clinic with Jeanne McDonald
 Clinic filled. Auditors welcome!
 Contact Kim Schmidt on
kkjschmidt@aol.com

March 28
Toad Hollow Farm
White Hall, VA
Clinic/ Fix-a-Test with Nicky Vogel
 Calling all participants 3rd level and below. Auditors welcome! Contact Gardy Bloemers on
gardy@gardybloemers.com

January Meeting Minutes

Submitted by Mary Lou Goings

Our first board meeting of the New Year was held on January 13th, 2009 at Vinny's Restaurant on 29 North at 7PM. Those in attendance were Gardy Bloemers, Amy Gadsden, Tina Longaker, Mary Lou Goings, Sarah Kern, Kathryn Kern, Lauren Forestel, Sherri Booye, Kim Schmidt, Carter Bass, Nancy Lowey, and Melyni Worth.

The meeting was called to order by Melyni Worth once all dinner requests were made. Unfortunately the minutes from last month's meeting were lost in "cyber space" so were unable to be read.

Sherri Booye opened with a treasury and membership report. The current account balance is \$5,632 following payment of previous scholarship recipients. The Chapter has 63 members as of this date.

Melyni announced that an executive decision was made last week by the board to postpone the chapter's licensed show proposed for 2009 until 2010 due to the current economic status. Tina reported that she has informed the show management in Culpeper regarding the change. Although the judges' contracts had not yet been signed, Nancy Lowey proposed the chapter make a payment of \$50 to each judge along with a request for their commitment in 2010. Nancy informed the board of the accepted practice of \$100 payment should a contract be cancelled with a judge. The board voted in favor of her proposal. It was voted by the board to hold the 2010 licensed show on the weekend of May 8th & 9th. These dates were chosen following research as to possible conflict with other riding events. Due to the fact that this will be Mother's Day weekend, a discussion took place of this potential theme being incorporated into the show.

Melyni proposed that a third schooling show be offered in 2009 due to the postponement of the licensed show. A vote was taken with unanimous agreement. Following a discussion as to location and dates, Melyni volunteered the use of her facility. It was voted upon that the third schooling show will be held June 20th.

A brief discussion was held with regards to the chapter's advertising in this year's Purple Book. It was voted upon that the chapter will buy a full page ad inclusive of all VADA-CH 2009 activities. Melyni has volunteered to be in charge of this.

The details of the chapter's year end banquet were finalized. At this time twenty members have given their RSVP along with payment for dinner. It is scheduled to be held at The Doubletree Hotel on 29 North in Charlottesville on Saturday, January 24th. An agreement was made to have the social hour begin at 1:00 p.m. until 2:30 p.m. A buffet dinner will be served at 2:30 p.m. followed at 3:30 p.m. by the awards and scholarship presentation.

Due to the postponement of this year's licensed show, the board voted against the purchase of a new dressage arena however a new tool for set up will be bought. Kathryn Sutton reported at a previous meeting that we are in desperate need of this piece of equipment. (plus it's currently on sale!)

A lengthy discussion was held in reference to the upper level clinic which is scheduled for March 21st & 22nd with Jeanne McDonald. Kim Schmidt has offered to host and arrange the clinic at her Grayson Farm in Scottsville. VADA grant money will be used by our chapter for this event which Melyni will retrieve. It was decided that upper level chapter members will receive first priority in this clinic, followed by lower level riders, (3rd level and below) and lastly non-chapter members.

A lower level clinic or fix-a-test will be held at a future date. The board discussed the possibility of holding the

“clinic” at Toad Hollow or Wavertree Farm. Gardy Bloemers has volunteered to initiate action to make this happen. Either Nikki Vogel or Debbie Rodriguez will be contacted as the possible clinician.

Gardy Bloemers reported that there will be one more month of the chapter newsletter sent to non-paid members. She also informed us there will be one more month of a printed newsletter, then we will be “Going Green” for those who made the request. A large chapter savings will be made by deleting postage payment.

Tina Longaker reported that those interested in receiving an Omnibus may do so by going to the USEF website. Also Lauren Forestel suggested a Trainer Listing be added to our web site.

It was voted by the board to purchase a \$60 DVD focusing on the psychological approach to horses for the chapter archives as suggested by Nancy Lowey. It was reported that our chapter currently owns several VHS tapes regarding dressage riding and training which Kathryn Kern has volunteered to try and track down. These will hopefully be transferred to DVD and added to our library which Sherri Booye has graciously offered to house!

The meeting closed with all being involved as future “Evening With” topics was offered for 2009. Another potluck dinner with DVD viewings was suggested as well as a Rider Fitness evening with a friend of Gardy’s.

2007 Scholarship Report: Hollyn Mangione

Ok, so it wasn’t a clinic, but I got to ride with KIM SEVERSON!!!!!! Every year the Chronicle of the Horse Bulletin Board hosts an auction to benefit CANTER. And every year I go in and bid on a few items. I have gotten some nice things every year and this year, after intimidating my friend Cheryl out of bidding against me, I won a lesson with Kim Severson.

After years of seeing Kim around, chatting with her on occasion at different events, etc it was the first time I was able to ride with her. I was a bit nervous, but was hoping I would be able to get lots of good feedback. Ever since Mary Grantham moved away, I’ve been struggling to find an instructor with whom I can work. I really clicked with Mary and have not been able to find anyone with whom I have felt nearly as comfortable. So, I loaded up Dance my OTTB DQ and my “staff”. Yes, I arrived with a groom and videographer and also had two of my other friends come along to watch as well. And not one, but two of them were video taping the lesson.

I have been having some issues with making my horse be more forward. I’ve wanted to move him up to first level, but I ride with no help, and we hit a wall really hard last year and I’d had to back down in the intensity of his work. So, Tuesday Nov. 11, 2008 we arrived at Paragon Farm for our ride with Kim and Dance proceeded to trot out his worst behavior.

Seriously, I was thrilled because I had Kim there to work me through it. And let’s say it wasn’t pretty. My pony decided to toss his head, pop up and down, kick out and buck. “I can’t” was his mantra for the day. After about 15 – 20 minutes of this, we finally got some reasonable work out of him. I watched the tape and WOW. There’s the first level horse starting to show.

What I learned: my hands need to be quieter... I struggle with this periodically (ok, a lot!). I have some lower leg creep problems that I suspect may be influenced by the constant kicking! My horse needs to suck it up and go forward regardless. He needs to MARCH, and it is possible to go from halt to canter without having a meltdown.

Kim was very kind and positive and I got a lot of support throughout the process. It really was the push that I needed to get us back on the right path. I am happy to report that my ride the next Saturday went fairly well with only one serious bout of ugliness. That Sunday he was fairly forward and submitted to walk/canter transitions without whining. Since then, I have been able to ride with Corinne Barber locally and had another nice ride where we focused on going forward including my position issues which inhibited Dance’s ability to go forward. Anyone see a trend here?

I am planning to continue working on all of the above. I would like to thank VADA-CH for the scholarship which has allowed me to start chipping away at that brick wall.

Sitting Trot Drama? Simple Exercises to Solve Your Problem

By Wendy Murdoch

Trouble with Sitting Trot

Do you have difficulty sitting the trot? Does it seem like the harder you try the worse it gets? Do you try to follow the two sides of your horse's back only to discover his back has fallen away? Here's a quick tip to help your sitting trot.

The Swinging Back

Most riders understand that they want to follow the swing in the horse's back to sit the trot. What seems missing is a clear description of the swing. Some books say to follow the two sides of the horse when you sit and illustrate how the rider is supposed to do this while other books talk about how the rider's back should act like a spring to absorb the motion of the horse. Neither of these descriptions is accurate. While you might try to do what the books describe there is still something fundamentally missing therefore you just never quite get the feeling you are looking for when sitting your horse's trot.

Finding the Swing

Do you remember playing on the swing set as a kid? If not, I suggest you go find somebody's swing set and refresh your memory. In order to sit the trot easily it is important to remember the forward motion of the swing. The backward motion is not what you want to concentrate on; you should think about moving from neutral to forward. In the swing motion you lean back a bit and use your pelvis and back to get some momentum. Your back acts as a whole, and is not arched.

The Swing Motion and the Trot

The swing motion is similar to sitting the trot. How much swing you need depends on how much trot your horse generates. A small or flat trot will not

require you to follow very much swing (a great way to get started sitting the trot). As the trot amplitude increases the amount of freedom required in your hip joints to follow the movement greatly increases. Remember that you did not do any side-to-side movement on the swing nor did you arch your back because you would not be able to get the swing going if you did. This swing motion with the inclusion of your hips can be simulated on an exercise ball.

Simulation with Exercise Ball

If you have an exercise ball now is a good time to use it to improve your sitting trot. (For more information about using an exercise ball to improve your riding see my Ride Like A Natural Part 3 DVD, "Get on the Equiball"). Think of the swing motion and roll the ball forward and back. You have to roll back in order to roll forward again (unlike what happens on the horse). Keep your whole foot flat on the floor as you roll the ball forward while leaning back. You will open and close at your hip joints if you do this correctly. If you hollow your back you will find that you can't roll as far or as easily because hollowing closes the angle of your hips at the front. If you have a larger ball, repeat this exercise. Your legs will be more in rider position but only do this for short periods of time as it is stressful on the back of your legs. As you roll the ball forward you want to keep the weight distributed over your entire foot.

Back to Your Horse

Once you are back on your horse begin by rising to the trot. Notice if you have the swing motion as you rise. If you push off your stirrups then you do not have the correct swing motion for sitting or for that matter rising because this will essentially push your horse's back down. Pushing off your stirrups is different than using your stirrups as a platform or the floor when you rise. If the stirrups swing away from the horse on each rising stride the rider is using her feet to rise rather than the upward push from the horse's back. You already know the horse is not through the back enough for the rider to sit easily if you see this.

Alternate between Sitting and Rising

When the rider is rising correctly the thighs will remain very stable and weight bearing in the rise phase but not pinching. The knee moves slightly forward down and the weight remains in the rider's heel without the heel being jammed forward. This is exactly what needs to happen in the legs when sitting. Therefore one of the best exercises to improve sitting trot is to alternate between rising and sitting.

Start with 5 strides rising and only one or two strides sitting. If you lose your balance or start to grip immediately go rising. This will refresh the trot, eliminate the image of struggling to sit the trot and allow your horse to bring his back up again. Then repeat. I know you think that this will take a long time to get it right but it is better to practice a few correct strides of sitting trot than train your brain and body to sit badly!

If you can sit for a few strides comfortably return to rising trot BEFORE you lose it. Remember you want to build positive mirror neurons in your brain and positive muscle memory. Then repeat. Only do this in short bursts. If you sit for a few strides particularly well, stop. Walk and imagine what you did. See it as clearly as possible. Then go back to the exercise. Only ask for as much trot as you can easily sit. As you improve you will be able to absorb more trot stride length and amplitude.

Petite Rising

Another exercise I find helpful for riders is what I call petite rising. Here I have riders reduce the amount of rising in the trot. They post a small amount instead of the whole amount. In this way the rider learns how to allow the knee and thigh to go downward, lengthening through the front of the hip and testing for any bracing against the stirrups, while letting their weight sink through the heel.

Petite rising is how I teach hunter riders to rise to the trot without coming too far out of the saddle. The only difference is I have them angle slightly forward and their stirrup is shorter. By riding the

petite post you are confirming the correctness of the rising. Then after a few strides of petite posting sit the trot for a few strides absorbing the motion of the trot in the same way as you did the petite rising.

Sitting and Rising - the same Motion

The key to sitting is that the hips open by lengthening into your heel with your back long. This way you pelvis stays engaged under you and your seat bones and thighs continue to be your base of skeletal support while distributing your weight through your legs around the horse's ribcage. Practice off the horse on a ball before you ride as this will help get your hips opening. Don't worry about leaning back on the ball. It's the smart thing to do to counterbalance the forward motion of your pelvis. Also remind yourself sitting and rising are really the same motion. Rising allows the upward/forward motion of the horse to push you out of the saddle. In sitting you simply absorb both pairs of legs by letting your hips open.

Copyright 2009 All rights reserved.

Wendy Murdoch resides in Washington, VA and is an international riding instructor/clinician and Guild Certified Feldenkrais Practitioner®. She teaches dressage riders of all levels how to improve the horse's performance by improving their body position. Wendy's website: www.murdochmethod.com includes her teaching schedule and many more articles on how to improve your riding.

3rd Level & Below Clinic & Fix-a-Test with Nicky Vogel on March 28th

We will be holding a 3rd Level & Below Clinic and Fix-a-Test with Nicky Vogel, a USDF "R" Judge at Toad Hollow Farm in White Hall. Nick is a USDF Certified 4th Level Instructor and also holds her BHSI (British Horse Society Certification). Participants can decide whether they wish to participate in a clinic with Nicky or have her work with them to Fix-a-Test for the upcoming

show season. For just \$65 per clinic (45 minute) and \$35 for the Fix-a-Test session (30 minute), this is a great opportunity to make sure you are fully prepared to be as successful as possible at the shows with assistance from a USDF licensed judge.

About Nicky Vogel

Nicky Vogel is now based in King George, Virginia but grew up in England where she "started in Pony Club, and worked up through the ranks," later taking the British Horse Society exams while doing "all my horse stuff around 'real' things which I could do for a living"-including training as a Cordon Bleu chef. Nicky was offered a "very good job" as a chef in Australia, but instead she went to the US to work on her BHS top-level exam for three months. (That was 20 years ago!) Finding that her BHS credentials weren't well recognized here, she enrolled in the USDF "L" program, then the USEF "r" (she recently earned her "R"). She also took USDF instructor workshops with Debbie Bowman, Lendon Gray, and Lilo Fore. In addition to teaching numerous local adult amateurs and juniors, Nicky finds herself doing more and more clinics each year including four a year in Bermuda and one a month in Pittsburgh.

Priority will be given to VADA-CH members. Auditors are welcome and auditing is free of charge. Please contact Gardy Bloemers at gardy@gardybloemers.com or on 434 981 1017 to book your slot.

NOTICE TO MEMBERS

To those of you that have renewed your membership for 2009, I thank you. **For those of you that have not sent in your renewal applications yet, please do so soon or you will no longer receive the newsletter as of March 1.**

Please check the mailing label on your February newsletter and look to see whether there are dollar signs (\$\$\$\$\$) after your zip code. If there are, that means that our records show that you have not renewed for 2009. Please note that if you renewed after January 26th, your renewal will not be reflected and you will have the \$\$\$\$\$ on your label.

If you would like to renew your membership please use the form on the following page.

Sherrí Booye, Treasurer



Spring Valley Farm Dressage
 Open House/Winter Warm-Up
 Join Helen George and SVF
 Appetizers and Refreshments
 Review Hong Kong Olympic Rides
 6 pm, Sunday, February 15, 2009
 1445 Amber Lake Road, Manakin-Sabot, VA
 www.SpringValleyFarm.net (804) 784-3700

Virginia Dressage Association, Charlottesville Chapter

2009 MEMBERSHIP FORM

VADA is a USDF Group Membership Organization and all members are automatically USDF Group Members

Name: _____ +

Address: _____ +

City, State, Zip: _____ +

I join VADA-CH in their activities and programs totally at my own risk. I understand that neither VADA, its chapters, nor individual Board members (of the chapter or VADA) accept responsibility for accidents, damage, injury, or illness to horses, riders, owners, spectators, or any persons or property.

Signature(s):

_____ +

_____ +

Home Phone: _____ Facsimile No.: _____ +

Work Phone: _____ E-Mail Address: _____ +

DO YOU WANT EMAIL OR PAPER NEWSLETTER? PLEASE CONSIDER GOING GREEN WITH EMAIL VERSION!

CIRCLE ONE: EMAIL PAPER IF YOU DON'T YOU GET EMAIL! (Unless you don't have email)

Membership Type (check one): Renewal _____ New _____ +

_____ Senior \$ 45 (Over 18) _____ Family (2) \$ 55

_____ Junior \$ 40 (18 years and younger) _____ Family (3) \$ 65

_____ _____ Family (4) \$ 75

_____ Affiliate \$ 20 (A person who belongs to another chapter and wishes to be affiliated with VADA-CH. Please indicate your Primary Chapter - _____ +

Additional Family Names: _____ +

USDF No(s). **(Required by USDF)**: _____ +

PLEASE BE SURE TO PROVIDE ALL INFORMATION SO WE CAN GIVE ACCURATE DATA TO USDF

Volunteer Information

Please indicate your areas of interest:

- | | | |
|--|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Show Secretary | <input type="checkbox"/> Show Scoring | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Show Manager | <input type="checkbox"/> Show Program | <input type="checkbox"/> Awards |
| <input type="checkbox"/> Show Scribe | <input type="checkbox"/> Show Runner | <input type="checkbox"/> Clinics |
| <input type="checkbox"/> Other: Please describe: _____ + | | |

Membership runs from December 1 through November 30
Please complete this form and mail it with a check payable to VADA-CH to:

Sherri L. Booye 721 Lake Road Troy, VA 22974

- Classifieds -

Horse For Sale - Redford - 11 yr. old Percheron/ TB gelding. 16h. Flashy, dapple-grey, big mover. Never seen him pin his ears - really. Shown to Training level 4 at the Rose Mount licensed show on September 13.

Does First level movements easily. Asking \$9,000 to loving home. Deborah Howard, 453 Amphill Road, Cartersville, VA 23027 (804) 375-3519, debbiehoward08@aol.com

Dressage Prospects For Sale - Payana von Rosenof, registered Knabstrupper filly, DoB April 2005, Bay based leopard spotted. 15.2 h. Solid build. Nice mover, easy gaits to sit. Very sane and sensible, has shown in 2008 at schooling shows training level, scores in the 60's. Just started over jumps. Excellent on trails, good manners. Easy to work around. Super PC or amateur horse. See her on www.knabstrappers4usa.com, Sale

page, and click on Payana. Email melyni@ntelos.net.

CCS Chakotay, Grey gelding, DoB July 2006, mature to 16h+ (currently 15.3), big, scopey gaits, easy going temperament, easy to handle and work around, just beginning his education U/S. Great prospect for a future competition horse. Sire: African Dreams, Holsteiner Dam: Annie, grade mare. Offers to Melyni@ntelos.net.

Impulsion's Pride, Dk grey mare, 15.2hh, DoB April 2004, sire TB. Nice mover, very sane and sensible, great on trails and easy to work around. Well started under saddle, jumps nicely. Done a few dressage tests at schooling shows with scores in the 60's. Great PC or amateur horse. Contact April Reedy at ethlucy_ar@yahoo.com.

Staff Wanted – Part-time rider in exchange for lessons from experienced USDF Bronze and Silver Medalist. Please call Patience Wadley on (434) 293-9702 between 7am and 9pm to discuss this opportunity.

Saddle For Sale - Theo Sommer, 18" extra wide dressage saddle in very good condition. This is a really wide saddle – suitable for a draft horse or a horse with no withers! For sale as it is too wide for any of my horses. Offers welcome to Melyni@ntelos.net.

Hay for Sale - 40-50 square bales of 2nd & 3rd cutting orchard grass & blue grass hay \$6.50, or 2nd cutting orchard grass. \$6. No waste -- your horses will love it! Pick up only. No delivery. Between Gordonsville & Orange. Call Lauren 540-672-7177.

ADVERTISING RATES	
Full Page	\$15/ issue \$150/ year
½ Page	\$10/ issue \$100/ year
¼ Page	\$7.50/ issue \$75/ year
Business Card	\$5/ issue \$50/ year
Classified	\$5/ issue \$50/ year

VADA-CH Members can run classifieds and business card ads free of charge. These will run for 2 months and then must be renewed.

All ads must be in .jpg format. Send to gardy@gardybloomers.com by the 25th of each month. Please make checks payable to VADA-CH and send to Sherri Booye, 721 Lake Rd, Troy, VA 22974.

Ads will not be run until payment is received.

Charlottesville Equine Massage

Equine Sports Massage Therapy:
Helping sport horses achieve optimal range of motion, attitude and performance

Calla Margaret Bell, ESMT
Phone: (434) 960-8284
www.charlottesvilliequinmassage.com



**EQUINE MASSAGE THERAPY
EQUIPMENT**

WWW.EQUINEPRODUCTSLLC.COM

FREE DEMOS ♦ APPOINTMENTS

Jan Templeton, Sales Agent
(540) 948 6629 ▪ streatorhill@attglobal.net

CARTER BASS

Dressage Instruction through FEI
Breeder of Top Quality Warmbloods
USEF Judge: "R" Dressage – "r" DSHB
Sport Horse Evaluation

Kirkford Farm
1715 Merriefields Lane
Ruckersville, VA 22968

Phone: (434) 978 1287
Cell: (434) 962 5008
Email: hafpas@aol.com

2008 Year End Awards

Thanks to Amy Gadsden and our sponsors, the 2009 Year End Awards were presented to the following chapter members. Congratulations to all and of course huge thanks to our sponsors including Keswick Equine, Blue Ridge Trailers, Foxden Equine and others.

Schooling Division			
<i>Level</i>	<i>Rider</i>	<i>Horse</i>	<i>Avg Score</i>
Introductory	Debra Bliesner	O Jackie	71.00%
	Jeannette Tuck	Rory's Spring Breeze	70.38%
	Lori Allshouse	Don Diego	67.75%
Training	Hollyn Mangione	Tax Dance	68.45%
	Sherri Booye	AF Elegant Spirit	64.49%
	Sherri Booye	AF Rebel Leader	61.40%
First	Jennifer Sheltra	Oscar	63.20%
	Catherine Sutton	Maki	62.80%
	Sherri Booye	AF Rebel Leader	60.81%

Licensed Division			
<i>Level</i>	<i>Rider</i>	<i>Horse</i>	<i>Avg Score</i>
Training	Jan Templeton	Ghalileo RSF	66.12%
	Krister Swartz	Absalom	65.47%
First	Jan Templeton	Ghalileo RSF	65.90%
	Catherine Sutton	Prima Gracie	65.03%
	Catherine Sutton	Maki	63.40%
Second	Lynn Childers	Poetic Justis	67.13%
Third	Lynn Childers	Poetic Justis	62.24%
	Melyni Worth	Xavoy Middelsom	61.19%
	Barbara Goshorn	Belvedere	60.72%
Fourth	Kim Schmidt	O'Susannah	63.25%
	Jan Templeton	Waverley	61.51%
Prix St Georges	Kim Schmidt	Portobello	64.83%
Intermediaire 1	Kim Schmidt	Portobello	64.08%
Intermediaire 2	Nancy Lowey	Peter	61.27%
	Carter Bass	Gossamer	57.34%
Grand Prix	Nancy Lowey	Peter	57.01%



Kim Schmidt & Donna Martin



Melyni Worth & Jennifer Sheltra



Melyni Worth & Sherri Booye

Member of the Month – Carter Bass

When did you become a member of VADA Charlottesville?

Carter: I moved here in 1986 and I am not certain when the chapter started, but I am sure I was a member at its inception. If I remember correctly Charlottesville may have been tied into the Central Chapter until it sprung off on its own.

When did you move to the area and why? From what location did you move?

Carter: I relocated from Seattle Washington in the fall of 1985 and resided in the Northern Neck for the winter until my barn was completed here in Charlottesville. I had been in the Northwest since 1972.

I graduated from the University of Washington in 1976 but stayed in the retail business, which I had been working in, eventually changing from clothing to a tack shop. I made many ties in the tack business and started teaching lessons, never realizing that I would enjoy it so much, though I had received a degree in physical education, which I soon found proved invaluable.

My family had always been "east coast" dwellers so one day my parents said, "If we buy property would you come home?" I took the bait and pulled four horses and a hamster with a very good friend to help on a five day marathon until we arrived in Virginia. I saw a chance to make horses my livelihood and took the opportunity to go for my "r" judge's license a couple of years after arriving and became more involved in breeding dressage sport horses.

When did you start riding? What made you interested in dressage?

Carter: I can't remember not loving horses since I could rationalize what they were. I started riding at the age of five at a little place located near Bailey's Crossroads in the Washington DC area. They had everything from small ponies to big horses – something suitable for all sizes of riders. There were two little rings denoted by small ropes; one was a walk circle and the other meant trot. All the horses knew which ring circle they were in and you were able to go around three times for a quarter. My grandmother always threw her change in the bottom of her purse, so when she would visit I would score big time with handfuls of quarters, which bought me many laps around those circles!

I got my first horse when I was twelve in Rhode Island, on an ex game horse. Semi-tortured, she wouldn't walk, only cantered on one lead and had horrible heaves, but she was only \$125.00 and I loved "Valiant Lady" more than life. When we moved to Virginia the next year, Lady came too. We boarded her at a riding school in Burke, where there was another boarder who had gone to the Saumur riding school in France. I went and watched him school his dressage horse and my jaw dropped; I had never seen anything like it! He developed a crush on the lady in the stall next to me and said if I would introduce him to her he would give me half price lessons, which at the time were outrageous at \$25. His lessons were eye-openers and really helped my ex-gamer. I never forgot those foundations, by the way John and Kay eventually married, so we all benefited!

What do you do for a living? If this involves horses now, did it always involve them? If not, what did you do in your previous life, and how did the switch evolve?

Carter: I breed, instruct and hold two judge's licenses with USEF, "R"-Dressage and "r"- Dressage Sporthorse Breeding. As I

mentioned earlier, I used to be in the retail business for a total of seventeen years but turned into an equine professional in 1986.

What do you consider your greatest achievement in the sport during the last year?

Carter: This is most definitely the fact that I competed at a level I had not previously reached - showing for the first time at Intermediare I. In addition, I did this on a horse I bred and raised, who was considered a pasture ornament as a five year old after a severe hock injury. I brought him back at training level in 2002 when he was seven and in seven seasons we made it to the big leagues.

What are your ambitions in the sport?

Carter: I intend to finish training Gossamer to Grand Prix and achieve my score requirements to apply for my senior judge's license and continue to help my faithful students improve their skills and achievements.

What do you want to get out of VADA-CH? What can you contribute to VADA-CH?

Carter: The chance to be around people who share the same passion that I have, be involved with the further education of current riders through clinics and "evening withs", getting the chance to get others excited about our sport who may not know so much about it and try to help make our chapter stronger.

I try to volunteer my time when ever and as much as I can in whatever capacity I can help or am needed.

**VADA-Charlottesville Chapter Grant
Clinic with**

JEANNE McDONALD

MARCH 21 & 22, 2009 (Sat, Sun)

**Location: GRAYSON FARM, Scottsville, VA
Organizer: KIM SCHMIDT, 434-286-7226,
kkjschmidt@aol.com**

**Priority given to VADA-CH members riding at 3rd
Level and above. Riders below 3rd level 2nd
priority.**

Cost: \$80 per ride.

**Non VADA-CH members are only allowed to ride
as fill ins IF we do not have enough VADA-CH
members to fill the clinic.**

Auditing: Free

**Jeanne McDonald is a FEI "I" Dressage Judge, an USEF "S"
Dressage Judge, a "r" Dressage Sport Horse Breed Judge and
was recently certified a FEI "YH" Judge. She officiates at
more than 30 shows each year in the United States, Canada
(judging their first Eventing Young Horse Championships in
Ottawa in 2005), Mexico and the Islands. In 2007 & 2008
Jeanne judged the National Young Horse Championships in
Kentucky and will again in 2009, at Lamplight. The FEI has
appointed her to judge the European Junior & Young Riders
Dressage Championships in Ermelo, Holland this summer.**

**We feel very fortunate to have Jeanne fit us into her busy
schedule. This clinic should fill fast, so contact Kim Schmidt
if you would like to participate.**

**This clinic will take place at Grayson Farm in an indoor
arena with sand and rubber footing.
An outdoor sand arena is available for warm up. There is
plentiful parking available in a large parking area with gravel
base. Large trailers will have no problem maneuvering.**

2009 Board

President

Melyni Worth
540.942.4500

Melyni@thorlaser.com

Vice President

Nancy Lowey

nlowey@rocketmail.com

Secretary

Mary Lou Watt

marylouwatt@hotmail.com

Treasurer

Sherri Booye
434.589.1851

nizra@earthlink.net

Newsletter

Gardy Bloemers
434.981.1017

gardy@gardybloemers.com

Membership

Sherri Booye
434.589.1851

nizra@earthlink.net

State Representatives

Tina Longaker

Vadviraq8@gmail.com

Cindy Aspden

Sara Kern

Teaching and Working with your Horse In-Hand with a Focus on Teaching Piaffe

**Demo on Teaching Piaffe In-Hand with Matt McLaughlin
Wednesday, 3rd March 6 pm at Cedar Creek Stables in Staunton, VA**

Have you wanted to learn how to teach and work piaffe with your horse? In-hand and later under saddle? You don't have to be FEI level riding before you learn to teach the piaffe, you can be working and practicing this skill from the beginning onwards. It isn't magic; it is skill, timing and practice. Learn how to teach your horse this movement. You don't need to ride to learn this skill, as it's initially all done in hand.

Starting at 6 pm, Matt will start with a horse that has never done this kind of work and show through several different horses the procedure you follow to teach the movement up to the finished product. It's enlightening and you can take the skills home to use on your own horse.

Cost \$15.00 per person Chili and soup provided. Bring your own chair.

**Clinic on Teaching Piaffe In-Hand with Matt McLaughlin
1st, 2nd and 3rd of March at Cedar Creek Stables in Staunton, VA**

Cost \$100 per session. Limited spaces are available.

Stabling available at \$30.00 per day (stabling checks payable to Ride with Pride please).
Bedding included, but not hay.

Contact Melyni Worth at melyni@ntelos.net
or call 540-294-3003

Please include your contact details, name of rider, name of horse, number of sessions wanted, and whether or not you would like a stall.

Matt McLaughlin Bio

Matt McLaughlin studied primarily under Chuck Grant, USDF Hall of Fame member and recognized father of American Dressage. As a working student he not only furthered his dressage riding skills, but also learned the art of training horses in haute école for exhibition riding/performances. Matt spent the next seven years as the Principal Rider, Head Rider, and eventually Head Trainer for the Royal Lipizzaner Stallion Show where he trained as many as 16 stallions and riders for the daily performances all over North America, Europe, and Australia as well as performing his own high-energy solo acts. He has successfully trained horses through Grand Prix which have gone on to compete nationally and internationally as well as multiple horses finished in haute école including Capriole, Courbette and Levade. His dedication to the training of horse and rider is based on his system of horsemanship that integrates classical principles of dressage and Natural Horsemanship techniques with a focus on controllability of the mount.

<http://www.matt-mclaughlin.com/about.php>

VADA-Charlottesville Chapter Fix-a-Test and Clinic

NICKY VOGEL

MARCH 28, 2009 (Saturday)

Location: TOAD HOLLOW FARM, White Hall, VA

Organizer: GARDY BLOEMERS, 434-981-1017, gardy@gardybloemers.com

Cost: \$65 per ride for a 45 minute clinic or \$35 per ride for a 30 minute fix-a-test session

Auditing: Free

Priority given to VADA-CH members.

Non VADA-CH members are able to participate IF we do not have enough VADA-CH members to fill the clinic.

NICKY VOGEL BIOGRAPHY

Nicky Vogel is now based in King George, Virginia but grew up in England where she "started in Pony Club, and worked up through the ranks," later taking the British Horse Society exams while doing "all my horse stuff around 'real' things which I could do for a living"-including training as a Cordon Bleu chef. Nicky was offered a "very good job" as a chef in Australia, but instead she went to the US to work on her BHS top-level exam for three months. (That was 20 years ago!) Finding that her BHS credentials weren't well recognized here, she enrolled in the USDF "L" program, then the USEF "r" (she recently earned her "R"). She also took USDF instructor workshops with Debbie Bowman, Lendon Gray, and Lilo Fore. In addition to teaching numerous local adult amateurs and juniors, Nicky finds herself doing more and more clinics each year including four a year in Bermuda and one a month in Pittsburgh.

2009 EVENING WITH SERIES PRESENTS:

GET FIT!

Monday, Feb 23
6.30-8PM

Rider Fitness

Learn a basic strengthening routine with focus on your core.

This will be followed by stretching.

You can take these simple exercises and stretches with you



Livity Yoga and Fitness, 609 East Market Street, 2nd floor, Suite 209, Charlottesville, VA 22902 (Old Michie Building)

Contact Gardy Bloemers to book your spot – gardy@gardybloemers.com or 434 981 1017

Nancy Lowey
 10062 Barnetts Ford Road
 Orange, Virginia
 540.672.3454
nlowey@rocketmail.com

USEF 'R' dressage Judge
USEF 'r' dressage Technical Delegate

Schooling & Licensed USEF shows,
 Eventing, Pony Club & 4-H judging, Fix- a- Tests, Clinics

Erin Sweeney
USDF Bronze & Silver Medalist

*Specializing in the starting & sale of
 Quality Warmbloods
 Dressage Competition, Performance Testing,
 Lessons & Clinics*

15235 Madison Run Road, Gordonsville, VA 22942
erin@dressage.cc
 c: (434) 960 6867 f: (434) 613 1529



Wavertree Hall
 EQUESTRIAN CENTER

A Premier Riding & Training Facility

Located near Charlottesville, VA
 Convenient to routes 81, 64, 250 & 29
 Please go to our website or call for more info & pictures!
 434-284-1957 ♦ www.wavertreehall.com

HARNES & REED

Saddle, Tack & Harness Repair
Hand & Machine Alterations

Custom Leather Orders for all Equestrian Needs

SANDY RITCHIE – (434) 263 -4172

2330 Old Roberts Mountain Road, Faber, VA 22938

THE STABLES AT MANOR MINOR

lessons • training • board
 sales •
 young horses started

Krister Swartz and Miranda Ottewell-
 Swartz
 434.591.0886
www.manorminor.com

**Awakening the Relationship
 between You and Your Horse**

FEBRUARY 21 & 22

Bruno and Wendy join forces again in a clinic/seminar which combines the teaching talents of both instructors with technology to provide visual and kinesthetic feedback for the riders. Enhance the total learning process by combining a variety of learning modalities.

Feb 20	7 - 9 PM
Feb 21 & 22	8:30 AM - 5:30 PM
Feb 21	6 - 8 PM

Limited to 8 riders
 Cost: \$750/ rider
Includes clinic, groom's audit fees, both evening discussions and dinner Sat. evening.

Auditors Welcome! \$25.00 (1 day) or \$40.00 (2 days)

For more information contact Shannon Pedlar
sgp588@hotmail.com
 703-431-5663

VADA CH Extensions
c/o Gardy Bloemers
6486 Hillsboro Lane
Crozet, VA 22932



Virginia Dressage Association – Charlottesville Chapter

NEW Monthly Meeting Location

TOPEKA'S STEAKHOUSE

*Located on Rt.250, Pantops in front of the new Martha
Jefferson Hospital - 1791 Richmond Road*

7 pm on Tuesday, February 10th