



October 2009  
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Virginia Dressage Association, Inc. - Charlottesville Chapter

# EXTENSIONS

## President's Message

*Hi Everyone,*

*It definitely feels like fall, the air is crisp and clear, the leaves are beginning to turn, the horses coats are getting fuzzy, and they have an extra spring in their step. The show season is beginning to wind down, we have the upcoming GAIG Regional Championships at the VHC, Lexington at the end of October and the last show for this region in November, one at Morven Park and one in Williamston then it will all be over, until next Spring.*

*This is true except of course for our winter activities. We need to elect the Board of Officers, for the club, now is your chance to take the reins of power and guide us to a new direction, if you should so desire, we need YOU for the VADA-CH Board, please put your self forward if you are willing to do a job, any job.*

*We also need ideas and suggestions for Winter-time activities. These may include demos, talks, evenings with etc. Let us know what you would like to learn about, because winter is the time to study and learn!*

*Also please take a look at the various volunteer opportunities outlined in the Newsletter – our Schooling Show at Grayson Farm and the GAIGS as well. If you really want some “bang for your buck” consider Catherine Sutton’s opportunity to volunteer and get in two hours for one hour of work!!*

*Our next Board meeting is Wednesday Oct 7<sup>th</sup>. I hope to see you there.*

*Yours truly,  
Melyni Worth*

## Upcoming Events

### Sunday, 4<sup>th</sup> October

VHT Schooling CT & Dressage  
Millington Farm  
Charlottesville, VA  
[www.vahorsetrails.com](http://www.vahorsetrails.com)

### Saturday, 10<sup>th</sup> October

VADA-Shen Valley Dressage  
Schooling Show  
Light Horse Farm  
[www.shenvada.com](http://www.shenvada.com)

### Saturday, 17<sup>th</sup> October

VADA-CH Schooling Dressage, CT  
and Jumper Show  
Grayson Farm  
Scottsville, VA  
[www.vadach.org](http://www.vadach.org)

### Sunday, 18<sup>th</sup> October

VHT Schooling CT, HT & Dressage  
Schooling Show  
Sunrise Farm  
[www.vahorsetrials.com](http://www.vahorsetrials.com)

### Thurs-Sun, 22<sup>nd</sup>- 25<sup>th</sup> October

GAIG Region 1 Championships  
VA Horse Center  
Lexington, VA  
[www.bglongaker.com](http://www.bglongaker.com)

### Saturday, 24<sup>th</sup> October

Cedar Run Dressage Center  
Schooling Show  
[www.cdcta.com](http://www.cdcta.com)

### Sunday, 25<sup>th</sup> October

Riverfield Dressage & CT  
Campbell Springs Farm  
[www.cvacta.org](http://www.cvacta.org)

## September Board Meeting Minutes

*Submitted by Amelia Hellman*

The meeting was called to order and August Board minutes were approved by those in attendance.

Sheri Booye's Treasurers Report reflected that the chapter remains at 118 members, unchanged from last year. In addition, our bylaws have been amended to run from December 1 through November 30, in order to align with the USDF membership term period. Dues for next year are due by November 30<sup>th</sup> and will remain at \$45 for an individual. The chapter has \$7,266.23 in the account and owes \$300 for one more scholarship grant. Gardy Bloemers reported on the newsletter and asked the group to submit ideas for articles, or write articles themselves. 29 members still receive the newsletter by mail; however, the new "greener" electronic distribution has proved to be a great success and has saved the chapter costs in printing and volunteer labor time.

A discussion continued around the upcoming Labor Day show. It was recommended that a show committee be established to support Nancy Lowey, Show Manager. Gardy Bloemers will be working on sponsorships and Ame Hellman volunteered to help. Catherine Kern will be heading up the awards table. The group discussed other ways to attract new exhibitors to the event and it was decided that prize money would not be appropriate; however, the chapter would work hard to find sponsors who might help provide better prizes, such as coolers, leg wraps and other practical winnings. Advertising in the Region 1 Omnibus, USDF Connections as well as the Virginia Horse Journal was also discussed. Nancy Lowey suggested that someone write an article for the Journal and all agreed that advertising aggressively to a

targeted Region 1 audience would be necessary.

In addition, the group also discussed the need to purchase a new and safe dressage arena for the upcoming show. All agreed that the preferred alternative would be to attempt to solicit a donation for this purpose and Ame Hellman volunteered to help out with the project. The total cost for an arena for the chapter would be roughly \$2000. Moving and storing the arena (s) will be handled by Catherine Sutton and helpers (which we still need to identify); Sherri has a flatbed as does Melyni.

The group then discussed existing and new officers. It was decided that, unless new officers are proposed, the existing group will remain in place. **\*\*Please suggest or volunteer for any role that you might be interested at this time—the group welcomes write-ins and would like for members to get more involved!** A discussion also arose around the Treasurer's position and it was decided that we should begin a process to support a "Treasurer in training" so that there will be someone ready to take over this relatively technical and important position. Sheri suggested that Celia Rafalko serve in that apprentice position in the upcoming year. She will contact Celia and discuss this with her. In 2010, Sherri and Celia would serve as "co-treasurers" so that a smooth and seamless transition can occur the following year.

Finally, the group discussed various ideas for "evenings with" this winter, including vets, sports psychologists, and video/CD viewings. We also discussed ideas for a spring clinic—and decided that we should reach out to well know clinicians and possibly do a "fix a test" to improving your riding skills in a test setting with a judge as an alternative to the traditional clinic. Various members volunteered to reach out to possible clinicians initially to investigate costs and availability.

In attendance:  
Melyni Worth, Sherri Booye, Lauren Forestell, Gerry Iannelli, Catherine Kern, Ame Hellman, Gardy Bloemers, Nancy Lowey.

# **2010 BOARD MEMBERS – VADA-CH**



# **WE WANT YOU!**

**PLEASE CONTACT ANY ONE OF THE  
CURRENT BOARD MEMBERS IF YOU ARE  
INTERESTED IN A POSITION IN 2010**

## - Classifieds -

### HORSES

**Horse for Sale - 15.2hh QH/TB Grey/roan Mare (2004) - Impulsion's Pride**

Currently showing Training level dressage (scores 60 %+). Jumps well, bold & brave to the fences, schooling Nov/Tr level X-C. Easy to work with, forward bold ride, loves to jump. Well behaved on trails and at Hunter Paces. Has done hunter shows and dressage shows. Very balanced athletic mare. Ready to go eventing. You Tube search for Impy june 09 and Impy May09 or go to <http://www.youtube.com/watch?v=6IkNOYIK9dw> & <http://www.youtube.com/watch?v=jragUW5-J14> Price \$7,500 ono. Contact April Reedy 540-280-4783

**Horse for Sale - grey gelding, 15.3hh (2006) - CCS Chakotay**

Nicely started under saddle, WTC, trail rides quietly. Super mover, very elegant. Ready to go on as a dressage horse or jumper. Shows great presence and easy to train. \$7,500 ono. Contact Melyni 540-294-3003 or [melyni@ntelos.net](mailto:melyni@ntelos.net)

**Horse for Sale -, Knabstrupper mare, 15.2hh (2005) - Payana Vom Rosenof**

Incredibly steady and easy to train, currently showing Training/First level, scores 65-70%. Schooling 2<sup>nd</sup>/3<sup>rd</sup> at home. This mare is so talented! Easy soft gaits, very balanced and biddable. Great on trails and over jumps. Has just completed her first horse trials and won her division. Fully papered pure bred mare. A super horse for the smaller rider.

You Tube. Search for Payana 1<sup>st</sup> 1 May 09

<http://www.youtube.com/watch?v=7RfTJALbbP0>

\$18,000 contact Melyni 540-294-3003 or [Melyni@ntelos.net](mailto:Melyni@ntelos.net)

**Horse for Sale - Knabstrupper gelding, 16.1hh, bay NO SPOTS (2005) – Aviator**

Has the usual kind willing Knabstrupper mind, just started and showing great talent. Super gaits, nice looking, quiet and easy to ride. Good on trails.

\$20,000 ono contact Melyni 540-294-3003 or [Melyni@ntelos.net](mailto:Melyni@ntelos.net)

You Tube: Aviator Tr I

<http://www.youtube.com/watch?v=3XTvUxueIUU>

**Exceptional Mare for Sale -**

**Esculira**, Now winning at 3<sup>rd</sup> Level, having started showing only a year ago, this elegant 16.3h imported elite-eligible Hanoverian mare by Escudo I, “Echo” will be ready for 4<sup>th</sup> Level soon. Her scores from 1<sup>st</sup> Level to 3<sup>rd</sup> Level are mid 60's to 70%, and she had helped her rider earn her Bronze Medal in only four shows! She wins consistently, and is always in the top ribbons. Her gaits are expressive, consistently scoring 8's, and although her movement is big, she is lovely to sit. She was previously with an FEI trainer for 7 mos., doing 4 and 3 tempis, passage and piaffe in hand.

Echo has the talent and training background to keep moving up the levels readily. She has a super work ethic and tries really hard for the rider. She is sensitive to light aids, and is quite pleasantly forward. She is quiet and friendly around the barn, easy to handle. She would be a good match for the ambitious rider. Watch the video:

<http://www.youtube.com/watch?v=Px3he5TQY0I> or search You Tube for

Esculira. \$32,000. Contact Amy Gadsden on 540 672-6390 (H), 434 974-2268 (W) or via email at [Amy.Gadsden@sperry.ngc.com](mailto:Amy.Gadsden@sperry.ngc.com)

### TACK & SUPPLIES

**Saddle for Sale - Albion Original Comfort saddle.**

Medium tree, 17" seat. Medium to wide twist. Flaps 16-3/4" from stirrup bar to bottom of flap. Good condition, well maintained. Slight fading on seat and flaps. \$900. Lauren 540-672-7177

**Saddle for Sale - Euroriding Diamant**

**Dressage Saddle– New.** MW, 18", wool-flocked with adjustable tree. It is a lovely, popular and well made saddle that does not fit my horse. Purchase price was \$2,088. Make me an offer. The saddle is in Earlysville, VA just north of Charlottesville. Kathi Gruss - [gruss4@aol.com](mailto:gruss4@aol.com); 434-973-7289

**Saddle for Sale – Stubben, 18” Tristan**

the Shulties, 31cm wide, very good condition, a bargain at \$1,200 (new \$3,000). Heather Merrill – [himerrill@yahoo.com](mailto:himerrill@yahoo.com)

**Bridle for Sale – Stubben Double**

**Bridle**, Brown with white on brow and nosebands, Full Size, Very good condition. \$200. Heather Merrill – [himerrill@yahoo.com](mailto:himerrill@yahoo.com).

**Bridle for Sale – Snaffle Bridle,**

Brown, Full Size, Rubber Reins, never used. \$250. Heather Merrill – [himerrill@yahoo.com](mailto:himerrill@yahoo.com).

**Large Size Blankets for Sale -**

All clean and in good shape. 6 total sizes 82 & 84. E-mail me for complete list, prices and photos. Lynn Childers at [k9coplynn@peoplepc.com](mailto:k9coplynn@peoplepc.com) 540-832-3689

**Polo Bandages for Sale -**

4 sets, white, brand new, \$8 ea. or \$25 for all 4 sets. Lynn Childers at [k9coplynn@peoplepc.com](mailto:k9coplynn@peoplepc.com) 540-832-3689

### TRAILERS

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at Blue Ridge Trailers. Please contact Donna Martin on **434.985.4151** or go to [www.blueridgetrailer.com](http://www.blueridgetrailer.com) for additional information.

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**ADVERTISING RATES**

<b>Full Page</b>	\$15/ issue \$150/ year
<b>½ Page</b>	\$10/ issue \$100/ year
<b>¼ Page</b>	\$7.50/ issue \$75/ year
<b>Business Card</b>	\$5/ issue \$50/ year
<b>Classified</b>	\$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@gardybloemers.com](mailto:gardy@gardybloemers.com) by the 25<sup>th</sup> 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.**

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[www.charlottesvilliequinmassage.com](http://www.charlottesvilliequinmassage.com)

# Conquer Horse Show Nerves

By Jane Savoie

The following article was inspired by a rider who told me, "I have a wonderful, talented thoroughbred. We can do Second and Third level work at home, yet when we compete, we can barely get through a First Level test. The missing link seems to be relaxation. My horse is off the track, and we seem to feed off each other's tension. How does a normally tense person learn to relax?"

This rider is right in thinking that relaxation is her priority. When you're tense, your work can't be of as high a quality as when you're relaxed. That's true for both horses and riders. Sure, a certain rush of adrenaline is normal and even welcome. But when you're so tense that you feel immobilized, you've got a problem. Here are some tips to help you relax at shows.

- 1. First, try to figure out why you get so nervous at shows. Are you worried about what people think of you? Have you put unrealistic pressure on yourself to win? Are you afraid you won't measure up to the expectations of others? If those are the kinds of things that make you nervous, focus on "performance goals" rather than "result goals". In other words, rather than having a goal of scoring 65% or placing in the top 3, make a new goal that reflects your effort rather than the outcome. For example, how about sitting elegantly and quietly, or remembering to breathe, or maintaining a metronome-like rhythm for an entire test?
- 2. Do you ride defensively because you're afraid that your horse will be fresh at a new place? If so, go to the show a day early. Work your horse on the long line so he can get his bucks out of his system. Take him out of the stall several times for hand

walks or grazing around the arenas. You'll be amazed at how grazing your horse calms him down. By the time you ride, he should be as comfortable with his new surroundings as he is at home.

- 3. Stage some dress rehearsals. Drive to neighboring farms; take your horse off the trailer, warm-up, and do a practice test. Do this often enough that going to a new place and "performing" gets to be old hat for both of you.

It's even a good idea to braid and put on your show clothes to simulate a competition. I remember one horse that would warm up beautifully, but as soon as I went around the ring, he'd get tense. I didn't think I was making him tense, but I would consistently "lose him" between the warm-up and the competition arena.

I finally figured out that I never wore my shad belly jacket with its long tails during the warm up. When I finally put my coat on, the tails brushed his sides, and he'd catch a glimpse of them moving out of the corner of his eye. These new sensations scared him. So for several weeks, I pinned a large bath towel to the back of the saddle pad. When he moved, the towel flapped against his body, and he could see it waving. He soon got used to it, and our problem went away.

- 4. Use humor to break up tension. Go to shows with friends who get silly and make you laugh. The less intense you are, the more fun you'll have. Go around the arena and as you pass the judge, think to yourself, "Hey, Baby! Get ready to have your socks knocked off!" Hear the bell and say under your breath, "Oh, Yippee! It's my turn!" Come down the centerline, see the judge sitting in the trailer, and visualize that you're going to put the tailgate up so she can't see you. Do whatever goofy thing helps you to dissipate tension.
- 5. Think about what happens to you physically when you're tense.

Muscles get tight while respiration and heart rate increase. The good news is that with a little work, you can regulate all of these reactions.

Let's address muscle tension first. Understand that the more you tighten a muscle, the more deeply it relaxes when you let go. To learn the feeling of muscular relaxation, sit in a chair and tense every muscle in your body. Hold the tension until your body quivers. Then let go and feel yourself sinking heavily down into your chair.

Now, go through this process starting at your head and working down to your feet section by section. Each time you release the tension in a muscle group, anchor this feeling of deep relaxation, by saying the words "let go". Eventually as you ride, you can scan your body for tight places. "Talk" to that area with your cue words. For example, say out loud, "Neck--Let go." "Wrists--Leg go." "Legs--Let go."

- 6. Now, let's talk about breathing. Normally, when you're tense, your respiration becomes more rapid and shallow. You might even find that you occasionally hold your breath. You can be sure that if you do this, you'll transmit your tension to your horse.

So, practice deep breathing. As you inhale through your nose, keep your shoulders down and let your stomach get "fat". As you exhale through your mouth, feel your seat lowering into the saddle so that you "dissolve" into your horse's body. Consciously breathe like this when you first get on, during every break, and as you go around the outside of the arena. In fact, one of your performance goals can be to take a deep breath in every corner.

- 7. You can also train yourself to regulate your heart rate by using the stress and recovery cycle that occurs during exercise. Go for a twenty-minute walk and periodically increase your heart rate by walking faster or even jogging for 10-30

seconds. Each time you slow back down to a comfortable walk and feel your heart rate and breathing returning to normal, anchor this feeling with a specific cue. Pick a cue that you can use easily when you ride. For example, clear your throat, touch your thumb to your forefinger, or tap your fists together. Then when you feel tense at shows, you can use your cue to slow your heart rate because you've trained yourself to do so.

You're not alone. Everyone gets tense when competing. Contrary to popular opinion, professionals are not immune to sweaty palms and rubbery legs. But the exciting thing is that you can learn to deal with your anxiety so that you can still do your job well and enjoy yourself. All it takes is some handy tools in your toolbox.

Are you sick and tired of complicated and confusing training techniques? Are you frustrated by negative emotions like fear and lack of confidence? Would you like to be trained by a Three Time Olympic Coach? Learn how by going to: [www.janesavoie.com](http://www.janesavoie.com) or [www.dressagementor.com](http://www.dressagementor.com)



**Relaxed Competitor Sherri Booye at Dressage at Rosemount 2 on her winning ride in Training 2 with a score of 68.929%!**

## **2010 Membership Renewal**

It's that time of year again! The membership year runs from *December 1 through November 30* each year in line with the membership year of the USDF. See application form on the next page.

- ◆ The membership application has a space to mark whether you want a paper or e-mail version. If you do not mark this box you will be e-mailed the newsletter, so please complete the form.
- ◆ Be sure to indicate what your USDF number is so that we can get this information filed correctly with USDF.
- ◆ If you have junior members as part of a family membership, please say so on the application so that they are reported correctly.
- ◆ You must be a 2010 chapter member to be eligible for the 2010 scholarship drawing at the annual VADA-CH banquet.
- ◆ If you get your application in early, you won't have to worry about having your member number or your USDF GMO membership in time for the early spring shows.
- ◆ Don't forget that for certain things, such as the year end GAIGS, you must also join the USDF as a participating member in addition to joining the chapter.





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# 2009 Year End Award Standings

Please find the award standings as of the **18<sup>th</sup> of September** below. Please submit your scores to Amy Gadsden, P.O. Box 111, Rochelle, VA 22738. If you have any questions please call Amy on 434 974-2268.

Please consult the Chapter Award Rules for 2009 on our website for eligibility requirements.

<b>Schooling Division</b>					
<i>Level</i>	<i>Rider</i>	<i>Horse</i>	<i>Avg Score</i>	<i>Vol Rqmt?</i>	<i>All Scores?</i>
Introductory	Kim Aust	Roxie	73.25%	No	Yes
	Lauren Forestell	Kees	65.50%	No	Yes
	Jeannette Tuck	Peppy's Bootlegger	65.00%	No	Yes
Training	Deb Bleisner	O Jackie	72.79%	No	No
	Sarah Kern	Rubio	69.64%	No	No
	Molly Kerntrout	Commander in Chief	67.60%	No	No
	Heather Merrill	Glenhaven Timka	66.30%	Yes	Yes
	Eliza Temeles	Aurelia	64.08%	No	Yes
	Beth Marcinko	Stirling Castle	63.54%	No	Yes
First	Calla Bell	Esculira	67.63%	Yes	No
	Heather Merrill	Glenhaven Timka	66.67%	Yes	No
	Tamara Showalter	Fiji	64.65%	No	No
	Elizabeth Gathright	Maki	61.66%	No	Yes
Second	Calla Bell	Esculira	65.26%	Yes	No
	Catherine Sutton	Prima Gracie	59.87%	No	No
Third	Barbara Goshorn	Belvedere	64.07%	No	No
	Hannah James Darnell	Rhumba	63.59%	No	No
Fourth	Barbara Goshorn	Belvedere	61.23%	No	No

<b>Licensed Division</b>					
<i>Level</i>	<i>Rider</i>	<i>Horse</i>	<i>Avg Score</i>	<i>Vol Rqmt?</i>	<i>All Scores?</i>
Training	Robin Silke	Cash Advance	72.31%	No	No
	Sarah Kern	Rubio	71.63%	No	Yes
	Tamara Showalter	Fiji	70.00%	No	No
	Eliza Temeles	Aurelia	64.62%	No	Yes
	April Reedy	Payana	63.50%	Yes	No
	Susan Skalak	Oliver	60.65%	No	No
First	Tamara Showalter	Fiji	69.17%	No	No
	Krister Swartz	Absalom	67.54%	Yes	Yes
	Catherine Sutton	Prima Gracie	64.47%	No	No
Second	Calla Bell	Esculira	66.77%	Yes	Yes
	Celia Rafalko	London Lady	61.59%	No	No
Third	Calla Bell	Esculira	64.53%	Yes	Yes
Fourth	Gardy Bloemers	Donizetti S	63.54%	Yes	Yes
	Barbara Goshorn	Belvedere	58.93%	No	Yes
	Melyni Worth	Xavoy	58.11%	Yes	No
Prix St Georges	Ame Hellman	Schuberts Ronaldo	67.37%	No	Yes
	Kim Schmidt	O'Susannah	60.70%	Yes	Yes
Intermediaire 1	Ame Hellman	Schuberts Ronaldo	67.54%	No	Yes
	Kim Schmidt	Portobello	64.12%	Yes	Yes
Intermediaire 2	Carter Bass	Gossamer	60.79%	No	No
Grand Prix	Carter Bass	Gossamer	62.66%	No	Yes



# Casting Call!

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**We pay double credit for double work and you are done  
for the week-end so you can enjoy the show!**

**Come help set up the Dressage arenas at the GAIGs**

The job starts Wednesday October 21<sup>st</sup> at 1:00pm at the Lexington  
Horse Center

And continues Thursday October 22<sup>nd</sup> at 10:00am

And repeats Sunday October 25<sup>th</sup> at 3:00pm



**Come join our team: Call Catherine Sutton for an  
interview 434-361-1427**



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**Indoor Arena w Mirrors • Outdoor Arena • 20m Round Pen • Individual T/out w Auto Water • Large Matted Stalls w Auto Water • Personalized Feeding Plans**

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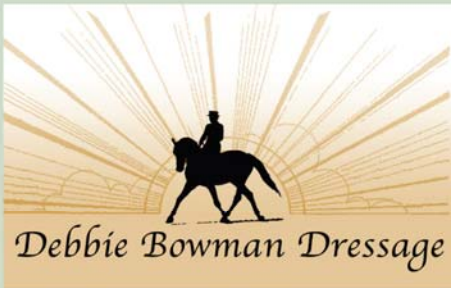
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# Rider Enrichment Workshop

## with Debbie Bowman

### November 7 & 8, 2009

Liberty Corner Farm, Southern Albemarle County

**Two Full Days  
Lessons, Lectures, and Demonstrations**

**Fun and Interactive Participation for  
Auditors and Riders**

**Improve Riding Skills Through Enhanced  
Body Awareness and Functional Fitness**

**"Retrain Your Brain"  
Open Gateways to Learning**

**Group Participation in Equine First Aid  
Refresher "Competition"**

**Fun Learning Activities for Children**

*Re-Energize  
Revel in the Experience  
Get Focused  
Get Inspired*

*Breakfast and Lunch  
Included in Fees  
Lots of Door Prizes  
Educational and Fun  
Stations*

An extraordinary opportunity for dressage and event riders of all levels to enhance their training and overall riding experience:

Lecture and Lessons with Debbie Bowman

Guest Presenters:

- Brenda Stephens, Occupational Therapist with level II hippotherapy certification
- Alison Montgomery, Certified Stott Pilates Instructor
- Jon de Mol, Holland, Life Coach



Dr. Rebecca Kramer of Keswick Equine Clinic will lead an interactive group activity for all participants to learn or brush up on equine emergency first aid. This will be a relaxed and fun activity held with a backdrop of a wine and cheese pairing (soft drinks will also be served).



**Sign up early!**

**Space is Limited!**

**Auditor Registrations  
close on 10/25/09**

**Rider Applications due  
no later than 10/2/09**

**Our Special Thanks to  
Our Sponsors:**

- Liberty Corner Farm
- Dover Saddlery
- Keswick Equine Clinic
- Southern States

**Workshop Details, Schedule, & Fees  
Registration & Applications  
are now available at:**

**[www.DebbieBowmanDressage.com](http://www.DebbieBowmanDressage.com)**

or contact event coordinator:  
**Joyce Howard - 434-589-4069**  
[RaiseTheVeil@aol.com](mailto:RaiseTheVeil@aol.com)

**GRAYSON FARM  
DRESSAGE, CT & JUMPER  
SCHOOLING SHOW**

***October 17<sup>th</sup>, 2009***

***Calling all Volunteers***

***Calling all Competitors***

Please contact the Show Manager, Molly  
Armentrout, at

[mollyarmentrout@yahoo.com](mailto:mollyarmentrout@yahoo.com)

Prize List available on [www.vadach.org](http://www.vadach.org)

***Closing date October 10<sup>th</sup>***

☆ ☆ ☆

# Actively seeking all GAIG Volunteers

☆ ☆ ☆

☆ Virginia Horse Center  
Lexington, VA

October 22<sup>nd</sup> through 25<sup>th</sup> 2009

Please contact Holly Veloso, Volunteer Coordinator, to discuss volunteer opportunities. Whether you are riding or not, the GAIGS can use your time that weekend.

[velosoh@yahoo.com](mailto:velosoh@yahoo.com)

## 2009 Board

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540.942.4500

[Melyni@thorlaser.com](mailto:Melyni@thorlaser.com)

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



***Virginia Dressage Association – Charlottesville Chapter***

## ***Monthly Meeting Location***

***BOARD MEETING***

***Topeka's Steakhouse  
Route 250, Pantops***

***7 pm on Wednesday, October 7<sup>th</sup>, 2009***