



EXTENSIONS

October 2008

Virginia Dressage Association, Inc., Charlottesville Chapter

Volume 20, Issue 10

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October Calendar...

14th - Monthly Meeting @ Vinny's Grill
Rt 29 N - near Panera Bread & Harris Teeter
 23-26 - VADA Fall & 26th BLMs

Advertising Rates for EXTENSIONS

Full-page ad \$15.00/issue \$150/year
 ½ page ad 10.00/issue 100/year
 ¼ page ad 7.50/issue 75/year
 Business Card 5.00/Issue 50/year
 Classified ad 5.00/Issue 50/year

There is no charge to VADA-CH members for classified ads or business cards which run for two months and must be renewed. Advertising deadline is the 25th of each month.

Any advertisement that includes pictures must be camera-ready. Preferred medium is jpeg sent via email:
 vadvirag8@gmail.com

I receive a LOT of mail and ads may get misplaced with show entries.

Please make checks payable to VADA-CH and mail to the Treasurer, ads will not be run until payment is received.

Sherri Booye 721 Lake Rd Troy VA 22974

Presidents Message October 2008

HI everyone,

The Summer is nearly over, kids are back in school and yes it's time to think about the new Board of Directors for VADA-CH.

Clubs and organizations such as VADA-CH depend on folks like you (and me) volunteering their time and energy to get the activities organized and run. If you have any good ideas of things we should or could do, then please volunteer your time and energy to help us run the club.

We need energetic folk with ideas to keep it all going. The work tends to fall on the same few every year. Now is your chance to step up to the plate and get involved. That way you can push your ideas through to the Board.

The nomination form is in this newsletter. Please nominate yourself for the position you think you can do. We would love to have you on the Board and with us.

Next year is going to be a big year for us, we will be running our own 2 day licensed show at Culpeper, this is a huge step for us and we need as many of our members as possible to be involved.

Along with nominating yourself for the Board, please put your votes in for the slate of officers, and for the Shel Gafford award. The forms are all in the newsletter.

Also this year the year end will fall in line with USDF and USEF and will end on Nov 30th, now is the time to renew your membership.

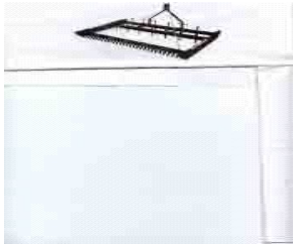
Don't forget to get those scores into Amy for the year end awards.

We have one more chance to get your schooling show scores as well as your volunteer hours up to speed, and that is the schooling show at Grayson on Nov 1st. The entry form is in this newsletter.

Coming up in October are the CBLM Championships, I hope you can attend as a volunteer or spectator even if you are not riding.

Hoping you are all enjoying the lovely Fall weather, super riding weather.

Yours
 Melyni



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For Sale:

Ladies Dover Elite Dressage Coat. Lightweight black wool, fully lined, single vent, four front silver buttons, two back waist buttons, no waist seam. Can be seen in current Dover catalogue. Size 18 (Fits size 14 - 16). Worn for one show only. New \$239. Asking \$150.

Mattes Correction Half-Pad. Black, size large (dressage) with full fleece trim, all shims, storage bag and bottle of MELP for washing. Used for 3 weeks and never in direct contact with horse's back. New \$275. Asking \$175.

Contact: Kathy at 540-672-9449; Snow_Woods@msn.com

This is Becky Paquet, NL Editor for NEVADA. I am sending out my usual hurricane season plea for barn contacts. I live in Mathews County, which is a whopping 8 feet above sea level at its highest point. I am asking people from VADA Chapters that are farther west to send contacts at barns that might be willing to accept 3 horses in an evacuation situation. In the event of a hurricane, the horses would come with food/hay/Coggins papers and an offer of payment for stalls.

Please send contact information to this address and to my home email, bpaquet@wildblue.net

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2008 VADA-CH Board Members

President:

Melyni Worth
540-942-4500

Melyni@thorlaser.com

Vice President:

Nancy Lowey
nlowey@rocketmail.com

Secretary:

Mary Lou Goings
marylouwatt@hotmail.com

Treasurer/Membership:

Sherri Booye
434-589-1851
nizra@earthlink.net

Newsletter:

Bettina Longaker
vadvirag8@gmail.com

State Board Members:

Cindy Aspden
434-242-2093
Sarah Kern
sarahkern@embarqmail.com
Bettina Longaker
vadvirag8@gmail.com

Ravenswood Farm has one opening available, excellent care and lessons with a USDF Bronze and Silver Medalist. For more information call
Patience Wadley @ 434-293-9702 (before 9pm)

Part-time stable help wanted!

7am-1p for responsible motivated person 4 days a week. Call 434-293-9702 (before 9pm please)
Ansar Amigo Saddle - Has all knee and thigh blocks plus dorsal supplement front wedge pad. \$1,250. Contact Lindsay McKillican
434-295-0493 or 906-3290.

Wonderful Dressage Horse for 1/2 Lease

Located in the Stony Point area of Albemarle County. Is a wonderful, kind, safe, big Third Level School Master. His owner wants to spend more time with her family and is looking to 1/2 lease this outstanding horse to someone who is interested in learning the true meaning of Dressage. Great opportunity!!! Contact Robin Silke 434-964-1696

For Sale: Redford, 11 yo Percheron/TB gelding. 16 hands. Flashy dapple-gray, big mover. Never seen him pin his ears -- really. Shown to Training Level 4 at licensed show (Rose Mount Sept 13). Does First level movements. Asking \$9,000 to loving home. Contact: Deborah Howard, Cartersville, VA 804-375-3519 or debbiehoward08@aol.com

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Jan Templeton, Sales Agent

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streatorhill@attglobal.net



FROM BETH JANDL

A very pretty solid black cat needs a home. If we can't place it we will have to take it to a shelter.

>>
>> Call Joe at
>> 434-953-5108
>> 434-823-2108

Calling for Volunteers!!

The last schooling show of the year is coming up on November 1 at Grayson Farms and we need volunteers!

This is a dressage show, CT, and costume class show so there is plenty to do and lots of help is needed.

Please consider giving a hand. This is your last chance to get hours for end of year awards and scholarship eligibility.

Contact Molly Armentrout at 804-363-0969 or mollyarmentrout@yahoo.com

Membership Renewal

Its that time of year! Membership renewal for 2009!!! The membership year runs from December 1 through November 30 each year in line with the membership year of the USDF. You will find the new membership application in this newsletter.

One thing we are asking you to do is consider going green by opting to have the monthly newsletter emailed to you instead of being mailed. There is a spot on the new application to make your choice. Failure to choose will result in the newsletter being emailed.

You must be a 2009 chapter member to be eligible for the 2009 scholarship drawing at the annual VADA-CH banquet.

Also, 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 (which are being hosted by the VADA at the VHC in 2009), you must also join the USDF as a participating member in addition to joining the chapter.



VADA – CHARLOTTESVILLE CHAPTER DRESSAGE SCORE REPORT FORM

Rider _____ Show _____

Horse	Level	Test	Total Points	Percentage	Judge

Show Secretary/Manager's Signature _____

Note: Submit this form within 45 days of the show date to Amy Gadsden, Awards Coordinator, P.O. Box 111 Rochelle, VA, 22738

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IS it RER or EPSSM?

Melyni Worth, PhD

Tying Up Syndrome

Tying up is a serious and painful condition, where the big hindquarter muscles go stiff and rigid; the horse has difficulty moving, sweats and shows evidence of pain. It has a number of names, it can be called; Recurrent or Sporadic Exertional Rhabdomyolosis, or Polysaccharide Storage Disorder it used to come under the names of Myositis, Set-fast, Paralytic Myogloburina, Azoturia and Monday Morning Disease. The latest research has shown that it is actually several different conditions that all show similar symptoms, and as a result there has been considerable confusion as to the cause and effective treatments with a host of different methods of treating and preventing this condition. Recently by applying different research protocols including muscle biopsies two underlying syndromes have been identified.

Equine Polysaccharide Storage Disorder or EPSSM. In this condition the horse has a metabolic defect that causes it to store excess glucose as an abnormal form of glycogen in the muscle cells. The excess amount and abnormal form of the glycogen, cause the muscle cell to cease to function and the muscle becomes paralyzed, usually termed tetany. The horse cannot move and is in considerable pain. Following an attack the byproducts symptomatic of muscle breakdown (myoglobin) appear in the urine. The urine appears dark in color and smells different. If a blood sample is taken and analyzed for muscle enzymes, it will have very high levels of myoglobin, CPK (Creatinine Phosphokinase), LDH (lactate dehydrogenase) & AST (aspartate aminotransferase) in it. These muscle enzymes will remain elevated in the blood for quite some time following an attack, even when the horse is rested. Definitive diagnosis is by muscle biopsy when the abnormal glycogen granules can be seen. The attacks usually follow a time of inactivity and occur early on in the exercise period. This is the classic "Monday Morning disease" that was described in workhorses in years past. The answer is to reduce the amount of carbohydrates that are fed and to supply the energy in the form of fat. Keeping the horses out in a pasture or pen is usually better than stalls, as the gentle continuous exercise helps them. Recent research has shown from muscle biopsies that in dressage horses and jumpers (very often warmbloods) with chronic back pain had EPSSM. So if your crossbred horse has chronic back pain of unknown cause it might be worthwhile testing them or at least trying them on the EPSSM diet.

The other form of tying-up is called **Recurrent Exertional Rhabdomyolosis**; (RER) sometimes called acute, sporadic or chronic Rhabdomyolosis depending on how often the attacks occur, is found in Thoroughbred racehorses and Standardbreds, as well some Arabs and Quarter horses as well as many other breeds with TB blood in them. Fillies seem to be more prone to this condition, and there may well be a genetic factor as the tendency can run in families. The condition appears to be exacerbated by stress and anxiety. Investigators have ascertained that it is caused by a abnormality in the way the muscle cells regulate intercellular calcium (release of calcium ions within the cell initiates muscle contraction), it has nothing to do with the level of intake of calcium in the diet, nor did it might have anything to do with intake and regulation of magnesium (release of magnesium ions causes the cells to relax). However, increasing magnesium intake along with B Vitamins helps to alleviate symptoms of stress and anxiety, so increasing the magnesium intake in these horses may well help.

The symptoms occur in TB fillies when they are faced with exercise and/or excitement, in racing Standardbreds it occurs about 15 mins into the jogging period. This form is sometimes found in horses that have been badly frightened or upset, especially if they are unfit.

Handling it means reducing the intake of high carb feeds and replacing some of the energy they need with fat, and allowing them periods of turnout, minimizing stress and excitement by de-sensitizing them to exciting stimuli. Feeding these horses is difficult, they are usually in hard training and need a certain amount of carbs to fuel the muscles, so taking them totally off carbs is not practical but reducing the intake is needed, it becomes a balancing act between the need for carbs and the tendency to tie up. Addition of magnesium and B Vits to the diet may well help these horses to avoid the condition.

Horse that are ridden into exhaustion by asking them to do more than they have been prepared for will also show muscle stiffness and tying-up. In this form of over-exertion Rhabdomyolosis there is considerable muscle damage, with tears in the junctions between the myofilaments (Z lines) of the muscle cells, these horses need longer periods of recovery and benefit from time spent out in a paddock. Over-exertion Rhabdomyolosis has been observed to occur more frequently when horses are recovering from a respiratory infection and is particularly associated with equine herpes virus 1 and equine influenza virus infections. Since the inciting cause is usually temporary, most of these horses respond to rest and a gradual return to training.

Side Bar

Is it EPSSM or RER?

The clues are, breed of horse and when the attack occurs.

EPSSM is usually found in horses with pony, draft horse of WB blood, the attack occurs right at the start of exercise or the horse is slow to warm up. The horse is usually overweight or unfit.

In RER the horse is of TB, Arab, STB or WB breeding, is fit and in hard work and the attack occurs 10-15 mins into the exercise or work period

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DRESSAGE SCORE REPORT FORM**

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Note: Submit this form within 45 days of the show date to Amy Gadsden, Awards Coordinator, P.O. Box 111 Rochelle, VA, 22738

2009 Scholarship Information

As a reminder to all chapter members you must have completed your volunteer hours before the drawing of the winners of the 2009 scholarships. The drawing will be held at the chapter's annual banquet in January.

You only need 4 hours of volunteer time at a chapter activity such as one of our clinics or shows we held this year and the same 4 hours count for both year end awards and the scholarship. If you had to earn hours in 2008 to qualify for the 2008 drawing in July, you cannot use those same hours to qualify for the 2009 drawings.

Send your volunteer forms to Amy Gadsden, P.O. Box 111, Rochelle, VA 22738 so we have a record of your efforts.

We still have one more activity this year at which you can earn your hours. It is the schooling show to be held on November 1 at Grayson Farm. Contact Molly Armentrout at 804-363-0969 or molleyarmentrout@yahoo.com if you can volunteer.

We have not yet set the dollar amount for the scholarships. That will be done at the December meeting and posted on the internet and in the January newsletter.

Remember –**you must be a 2009 member and you must apply for the scholarship.** Use the form below to do so no later than the end of the year.

APPLICATION FOR 2009 SCHOLARSHIP DRAWING VADA – CHARLOTTESVILLE CHAPTER

Name:
Address:
Phone No.

2009 Member No.

Level for which Applying (Circle One):

Third Level or Below

Fourth Level and Above

4 hours of Volunteer time are required. Please submit volunteer hours as well if you have not submitted them already to Amy for the 2008 year end awards if you have already performed your volunteer work, or get it done and reported to Amy before the end of the year. The volunteer form is on the VADA-CH web site.

Must be submitted by December 31, 2008 to:

Sherri Booye, Treasurer, VADA
721 Lake Road
Troy, VA 22974

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



VADA-CH Extensions
8246 Open Gate Rd
Gordonsville VA 22942



October Events

14- Monthly Meeting at Vinny's Grill
Rt 29 North - in the Harris Teeter/Panera Mall

23-26 - VADA Fall & 26th BLMs
@ VHC, Lexington

November Events

1st - VADA-CH SS @ Greyson Farm - Last chance to earn 2008 Volunteer
hours

11th - Monthly Meeting at Vinny's Grill

