



EXTENSIONS

September 2008

Virginia Dressage Association, Inc., Charlottesville Chapter

Volume 20, Issue 9

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September Calendar...

9th - Monthly Meeting @ Vinny's Grill
Rt 29 N - near Panera Bread & Harris Teeter
14th - VADA-CH Fall Competition

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 August 2008

Hi everyone,

We are getting to the end of the summer! School buses are once again out on the roads picking up the kids! The days are getting shorter and the evenings are cooler. I hope you have all had a fun and productive summer.

Speaking of which, we had a super time at the Adult Team Championships in August, many thanks to our own Nancy Lowey and Tina Longaker for doing all that work managing and secretarizing. Also many thanks to all the folks who came and volunteered and helped.

It was a really fun show, because it is a team competition it had a very different feel from the usual dressage show, more camaraderie and more team spirit, the venue was Commonwealth Park which has become a lovely venue for a summer show. All those shade trees and super footing.

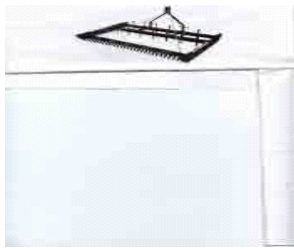
The Charlottesville Chapter is seriously thinking about running our own 2 day show at Commonwealth Park in May, if we do this we will need your help and participation, so please let us know if you are interested.

We had a great turn out for the evening with talk on Laminitis and founder at Sherri Booye's house, many thanks Sherri. And many thanks to our own Martha Mellish for doing the talk.

Up coming we have the Twin Shows at Rosemont, I hope to see you there. Fredericksburgs day is the Saturday, our chance to compete, and our day is the Sunday. This is a great chance to volunteer and get those hours in.

It is almost time to elect the Board for 2009, I hope you plan to run for an office! Please think seriously about participating in the running of the club, if you want to see changes and activities that's the way to get it done, stand up and participate.

Hope to see you all soon.
Yours truly, 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, bpquet@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

WANTED by this NEWSLETTER....

Reproducible quality photos of Chapter Members (jpeg)

Reproducible quality and LEGAL sketches of Dressage horses (jpeg)

Email to: vadvirag8@gmail.com

Any image may be published on www.VADACH.org

Low Glycemic Diet

Melyni Worth, PhD

Equine Cushings & Cushings-like-syndrome; a diet may help.

Cushings Disease is a condition of older horses, a tumor in the anterior pituitary in the brain causes an overproduction of Adreno-Cortical Stimulating Hormone (ACTH) which in turn causes an overstimulation of the Adrenal glands. These glands produce the natural endogenous steroid, cortisone. The symptoms of true Cushings are the ones of chronic hyper-steroidism. True Cushings usually affects horses in their early to late twenties, the symptoms include an exuberantly thick coat that does not shed out in hot weather, loss of muscle tissue, weight gain in the neck (cresty neck)

and blobby fat to appear on the shoulders and tail head and a tendency to founder.,

In recent years we have begun to recognize another condition that looks a lot like Cushings but which happens much sooner in life. Although many of the symptoms are the same these horses do not have the excessively high ACTH levels. These horses with Cushing -like Syndrome often turn out to be insulin resistant, they have a kind of equine type II diabetes. In this conditions the cells are unable to process glucose due to an inability to respond to the hormone insulin.

Firstly you have to differentiate between the true Cushings horse with a pituitary tumor high ACTH levels, the thick coat, cresty neck, blobby fat on the shoulders/tail-head and tendency to founder etc. And the Cushings-look-alike horse with some or all the symptoms, but low ACTH.

This diet works for both kinds but there is no long term improvement for the true Cushings because of course, the diet does nothing for the tumor, it will keep on growing. The diet will minimize the symptoms but it is only a matter of time. The Cushings-like Syndrome horses should get to "normal" and stay there with this diet.

This is what I recommend for the Cushings like Syndrome horses AKA insulin resistant horses. I hasten to point out that this MY experience, others may have different results. I have no hard scientific data to prove anything but I have fed this to about 700 horses with to varying degrees of success. SO ALL this information is still anecdotal but is supported by numbers.

Primarily I recommend increasing the magnesium intake on these horses (up to 20g per day, more if it is a big horse or if the horse does not respond to 20g). Ideally in conjunction with increasing the chromium as well (5-7 mg/day up to a max 14mg/day). But magnesium intake is the key. I prefer to use Quiescence which is a supplement that contains Mg as a chelate and Cr as a salt (the Cr chelate is currently illegal in the USA). But if you cannot get a hold of Quiescence I suggest using Mg Ox as a substitute.

Keep the horse on the high Mg/Cr until you get a remission of symptoms, meaning a reduction in the thickness and size of the fat deposits on the neck and shoulders, this usually takes 6 weeks, unless the horse is not getting enough Mg, then it will either take longer or occurs once the Mg intake is increased. In about 70% of the horses you also see an improvement in length of stride and soundness, eg they move better and more freely and some get sounder. But not all

horses respond the same and to the same degree.

Once you get the horse to a more normal appearance then you can drop the Mg levels to 10g per day UNLESS the neck starts to build up again, if it does increase the Mg intake back to 20G. Use the neck thickness to titer the Mg intake.

I also suggest that the horses go onto a Low Glycemic diet. That is a diet low in simple carbs. This diet is primarily high fiber, hay or sugar beet pulp or soy hulls or what ever you can find that is low in simple carbs. Add one good vitamin/mineral/essential amino-acid supplement. My recommendation is the one called LinPro, is has all the vitamin/mineral/essential fatty acids/essential amino-acids in it. If you can't get a hold of LinPro, I recommend using a flax based feed supplement (for the essential fatty acids) with chelated minerals if you can find them, and a supply of essential amino-acids, most specifically, methionine, lysine, threonine, tyrosine. The best way to do that, assuming you don't want to run about with endless bags of white powders, is to go for a VERY high quality protein source. Your best bet would be casein (milk protein), egg whites, or extremely high grade vegetable protein such as canola meal.

IF the horse, cannot maintain weight on the High fiber diet, with the protein/vit/mineral supplement then and only then do you add in more calories as fat. Whatever fat source you like best. I like my fat sources as little processed as possible, so I prefer oil seeds

like Flax, whole roast soy, or rice bran. I really don't like cups and cups of oil of any kind. BUT if that is what you want to feed then at least it will add calories.

Raising essential fatty acids intakes is a good thing for all horses and raising Mg intakes is also a good thing for most equids. I use 2-8 oz of whole flax seed per day to raise the EFA levels. Raising Mg and EFA levels is a good idea in any horse prone to founder especially in the Spring. If it needs more calories then I'd go to rice bran and whole roast soy and only after that to oil.

In summary, increase the horses magnesium intake, if possible in conjunction with chromium, and reduce the level of simple carbs in the diet. Use a good quality vitamin/mineral supplement, ideally one that also supplies essential fatty acids and essential amino-acids.

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)

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VADA Shel Gafford Memorial Award for EXCELLENCE IN SPORTSMANSHIP

Nomination deadline for 2008 Awards: October 15, 2008

For anyone not fortunate enough to have known Shel, he was not only a gifted horseman and successful competitor, but also a truly good sport and dedicated advocate to VADA. Shel was a seasoned competitor, having won the Gold and Silver Individual Medals in his last two years as a Young Rider at the NAYRC. He always rode to win, but never at the expense of his horse or another rider. Rather than "psyching" his fellow competitors, Shel was more likely to offer a helping hand or wish them luck. Furthermore, Shel was a tireless supporter of VADA. He served as President during some of our Association's most difficult and trying times. It is largely due to his diplomacy and tenacity that VADA exists as it does today.

It is this spirit of unselfish good sportsmanship and generous volunteerism, which were so much a part of Shel's nature, that VADA wishes to encourage and reward. If you are aware of a VADA member who is: **1) Actively involved in any aspect of competition and/or VADA activities (eg. Rider, owner, trainer, coach, show mom/dad, spouse, offspring, VADA Board Member, VADA volunteer), and 2) who consistently exhibits the characteristics of good sportsmanship and unselfish support of VADA**, please nominate that person for the Shel Gafford Award. Include in your nomination the person's name, chapter affiliation, and a brief statement (200 words or less) explaining why you feel your nominee is deserving of this award.

Nominations must be received by October 15. The slate of nominations will appear in each Chapter's November newsletter. All VADA members are encouraged to vote. *Vote tabulations must be submitted by each Chapter by December 15.* The recipient will be notified that he/she will receive an award at the VADA banquet in January and will be encouraged to attend. The recipient will receive a special award and a check for \$250.00.

Previous Recipients:

1995—Debbie Bowman & Tina Longaker (Char) - tie
1996—Ann Edwards (SE)
1997—Nancy Lowey (Char)
1998—Catherine Sutton (Char)
1999—Molly Layfield (Cent)
2000—Marilyn Leonard (SE)
2001—Alison Head (Nova)
2002—No nominations
2003—No nominations
2004—Barbara Ellis (FR)
2005—Jessie Ginsburg (Nova)
2006—Peggy Minnich (FR)
2007—Janice Mumford (SVDA)

Send nominations and vote tabulations to:

Louise West
29400 Secretariat Road, Ruther Glen, VA 22546-4128
804-994-0268
LWest 101@aol.com

**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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2008 VADA-Charlottesville Year End Award Standings as of 8/18/08

Schooling Division					
<i>Level</i>	<i>Rider</i>	<i>Horse</i>	<i>Avg Score</i>	<i>Vol Rqmt?</i>	<i>All Scores?</i>
Introductory	Lori Allshouse	Don Diego	67.00%	Yes	Yes
	Debra Bliesner	O Jackie	66.50%	No	Yes
	Jeannette Tuck	Rory's Spring Breeze	66.13%	No	Yes
	Jennifer Sheltra	Oz	65.00%	No	No
	Sherri Booye	AF Elegant Spirit	60.00%	Yes	No
Training	Sherri Booye	AF Elegant Spirit	66.09%	Yes	No
	Hollyn Mangione	Tax Dance	65.57%	No	No
	Sherri Booye	AF Rebel Leader	60.80%	Yes	No
	Diane Laurie	Poppy	60.10%	No	No
First	Calla Bell	Esculira	64.70%	No	No
	Jennifer Sheltra	Oscar	63.20%	No	Yes
	Catherine Sutton	Maki	63.15%	No	No
	Sherri Booye	AF Rebel Leader	61.46%	Yes	No
Second	Diane Laurie	Leo	65.90%	No	No

Recognized Division					
<i>Level</i>	<i>Rider</i>	<i>Horse</i>	<i>Avg Score</i>	<i>Vol Rqmt?</i>	<i>All Scores?</i>
Training	Kim Schmidt	Andromeda	61.33%	No	No
First	Linda Sommers	Faelan	67.12%	No	No
	Catherine Sutton	Prima Gracie	62.52%	No	Yes
Second	Barbara Goshorn	Belvedere	64.30%	No	No
Third	Kathy Campbell	Jump Up	61.44%	No	No
Fourth					
Prix St Georges	Kim Schmidt	Portobello	64.83%	No	Yes
Intermediaire 1					
Intermediaire 2					
Grand Prix					
Freestyle, FEI					

Virginia Dressage Association, Charlottesville Chapter

2008 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: _____

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



September Events

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

14 - VADA-CH Fall Competition
@ Rosemont Farm, Spotsylvania

