Colton Trainum and Gorby at the 2017 Chapter Challenge. 
*Photo submitted by Staci Winters.*
Calendar of Events

January 2018
8 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, Md. Contact president@pvda.org. All are welcome!
10 PVDA Newsletter deadline for February/March issue. Contact editor@pvda.org
14 PVDA Clarksville Chapter Schooling Show. Tracey Trainum: tracytrainum@comcast.net 410-733-2501 Camilla Cornwell: cckcornwell@gmail.com 301-641-5133
19-21 World Horse Expo, Timonium, Md. For more details see http://www.horseworldexpo.com/
20 Paul Belasik Clinic at Plantation Valley Stables. Rider spots available. Free auditing, bring a chair. Contact Donna Maranto at 301-524-4372 or donna.maranto@gmail.com
29 Paul Belasik Clinic at Plantation Valley Stables. Rider spots available. Free auditing, bring a chair. Contact Donna Maranto at 301-524-4372 or donna.maranto@gmail.com

February 2018
5 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, Md. Contact president@pvda.org. All are welcome!
25 PVDA Clarksville Chapter Schooling Show. Tracey Trainum: tracytrainum@comcast.net 410-733-2501 Camilla Cornwell: cckcornwell@gmail.com 301-641-5133

March 2018
5 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, Md. Contact president@pvda.org. All are welcome!
1-4 World Horse Expo, Harrisburg, Pa. For more information see http://www.horseworldexpo.com/

April 2018
2 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, Md. Contact president@pvda.org. All are welcome!
14-15 PVDA Clarksville Chapter Michael Bragdell clinic. Contact Camilla Cornwell at cckcornwell@gmail.com 301-641-5133
15 PVDA Schooling Show Preston Farm I, Preston, MD. See www.pvda.org for more details.
22 PVDA Schooling Show Southwind Farm, Damascus, MD. See www.pvda.org for more details.
28 PVDA Catoctin Chapter Dressage Sport Horse In-Hand and Dressage Schooling Show at Plantation Valley Stables, Middletown, Md. Opening date April 7. For more information and prize list see http://catoctinchapterpvda.weebly.com/2018-show.html
29 PVDA Schooling Show Lucky Cricket Farm I, Huntingtown, MD. See www.pvda.org for more details.

May 2018
7 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, Md. Contact president@pvda.org. All are welcome
13 PVDA Schooling Show Woodstock Farm, Beallsville, MD. See www.pvda.org for more details.

June 2018
4 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, Md. Contact president@pvda.org. All are welcome
9 PVDA Schooling Show Bluebird Farm, Friendship, MD. See www.pvda.org for more details.
10 PVDA Schooling Show Encore Stables I, Fulton, MD. See www.pvda.org for more details.
17 PVDA Schooling Show Brooke Grove I, Olney, MD. See www.pvda.org for more details.

July 2018
1 PVDA Schooling Show Chesapeake Dressage Inst. II, Annapolis, MD. See www.pvda.org for more details.
9 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, Md. Contact president@pvda.org. All are welcome
14 PVDA Schooling Show Oak Spring Equestrian, Woodbine, MD. See www.pvda.org for more details.

August 2018
4 PVDA Schooling Show Exalt Farm, Harwood, MD. See www.pvda.org for more details.
6 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, MD. Contact president@pvda.org. All are welcome

September 2018
9 PVDA Schooling Show Brooke Grove II, Olney, MD. See www.pvda.org for more details.
10 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, Md. Contact president@pvda.org. All are welcome
30 PVDA Schooling Show Preston Farm II, Preston, MD. See www.pvda.org for more details.

October 2018
1 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, Md. Contact president@pvda.org. All are welcome
7 PVDA Schooling Show Encore Stables II, Fulton, MD. See www.pvda.org for more details.

November 2018
5 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, Md. Contact president@pvda.org. All are welcome

December 2018
3 PVDA Monthly Board Meeting 7 pm at Stonebrook Farm in Clarksville, Md. Contact president@pvda.org. All are welcome

Send your 2018 Calendar Items to calendar@pvda.org.
MARCH 2018
Deadline: FEBRUARY 10
Calendar Editor: Christina Dale
www.pvda.org for complete calendar
Dear Members,

At the December board meeting the 2018 executive board was elected. As your incoming President I would like to recognize our past President Claire Lacey and Vice President Mimi Mack both of whom have put in countless hours and immeasurable effort in managing PVDA over the past two years, thankfully both are remaining on the board in 2018. The executive committee also welcomes Wendy Emblin as Vice President and Camilla Cornwell as Chairman.

The Potomac Valley Dressage Association was founded in 1964 as a Group Member Organization of the United States Dressage Federation. We are a volunteer run non-profit focused on promoting education in the art and sport of dressage. Our shows, clinics, seminars, and other events could not happen without you, our members. Each year we listen to feedback from members and try to implement changes to grow and support the organization. If there is something we can do better or if there is something we are not yet doing that we could be please do not hesitate to reach out to us. The good, the bad, the ugly, we want your feedback and need it to continue to improve. Based on member input in 2017 we added an adult clinic featuring three local trainers, a biomechanics session, and a saddle fitting demo. This clinic complemented the Junior/Young Rider clinics hosted each year. The feedback was extremely positive and the Education and Riders committees look forward to offering similar opportunities in the future.

Also in 2018 we are looking to revamp our web-

By Christina Dale
president@pvda.org

The President’s Window

Continued on page 7
The Clarksville chapter hosted a Wanja Gerlach clinic on October 21-22 at Linda Speer’s Stonebrook Farm in Clarksville, MD. Here are some of the rider comments about the clinic.

Lynn Adams - The two rides I had with Wanja were extremely helpful for me in learning how to deal with Candy’s tendency to get tense and distracted. In the first ride, where it took us 40 minutes to get him round and focused. However, on the second day we were able to start from that point and move on because we had both learned so much the day before! I learned most of all how much I need to communicate with half-halts and spoging on the outside rein. I thought I was doing that enough, but apparently not! I look forward to riding with Wanja again.

Nancy Albrecht - After a rocky start getting to the clinic, saddling up and warming up outside while she let out loud whinnies (every 60 seconds or so) for over 30 minutes waiting for our turn, we finally entered the ring and got down to business. I outlined Lu’s history and our goal to do more 1st level tests this year. Wanja, instead of fixating on the test movements could see we struggle with who the “decider” is and had me focus on keeping Lu round and forward but not fast, keeping her speed consistent using half halts and leg aides and a light contact. We rode in trot circles and also used the whole ring asking her to go forward and then slower every few strides. With Wanja’s instruction I managed to be the “decider” and felt that we made great progress. Wanja is an insightful, capable clinician who’s approach and ability to explain what I needed to do and how made the experience very rewarding.

Continued on page 5
Lisa Feit - I very much enjoyed the Wanja Gerlach Clinic sponsored by the Clarksville PVDA Clinic. He honed right in on what my mare, Ella, and I needed to work on and made sure to get us to the point where we could reproduce what we learned at home – and we were able to do just that! He emphasized that there was no rush – he’d take whatever time was needed to accomplish that goal. We enjoyed a very productive session with an encouraging clinician.

Bonnie Sink - It was a pleasure to be able to ride my four year old, Keen, in the Wanja Gerlach clinic. Keen comes with nice gaits and rides very forward and with a long frame. We worked on introducing collection, using his back more and being straight. Wanja had me squeezing, playing the outside rein to keep him straight as he has a tendency to tilt his head especially to the right. When we first started working he had me keep him slightly behind the vertical arching his entire neck and in slower tempo. Once he was doing this well and using his back he had me squeeze and encourage to step under from behind and increase his reach without letting him lengthen the stride. I could feel a real difference when he came up in his back and his hind end was coming underneath. I am going to have learn how to sit that trot; it was not easy to. I want to thank PVDA for subsidizing the clinic, Linda Speer for the use of her facility and Jaclyn Sink for organizing the clinic.

Peninsula Dressage
Submitted by Amy Schine
The Fall has continued to be very busy for Peninsula Dressage. Our 4th schooling show of the season was held at the Wicomico Equestrian Center on September 9th, and turned out to be a beautiful day and great show, thanks to our excellent show managers, Shawn McEntee & Susie McNair. Thank you also to our judge, Peggy Pariso, who drove all the way down to the Eastern Shore with a broken foot, and spent the day providing helpful and positive feedback to each and every rider, what a trooper! Our October meeting was held at Kim Briele’s Horse Bridge Farm, and Christina Dayton-Wall, DVM spoke about, and demonstrated some basic equine chiropractic techniques on our two patient and well-behaved equine demo horses: Gus, a 27 year old Arabian, and Gatsby, a Friesian Cross in his early teens. She discussed some of the different issues and needs that horses of different breeds, builds and ages may present. She also recommended some helpful stretching exercises that we can all do to help our equine partners stay comfortable, including the classic equine favorite - carrot stretches!

Our final and biggest show of the season, The Women Supporting Women Benefit Show, was held on Saturday October 7th at WinAway Farm, and it was a huge success! We had close to 100 rides, necessitating 2 rings and judges to accommodate everyone. There were a wide range of tests ridden, everything from Intro to Prix St. George, and Western Dressage to Eventing Dressage tests. We raised $5,093 to donate to Women

Continued from previous page

Janet Anders had a great birthday lesson at the Gerlach clinic!
Supporting Women, the most money we’ve ever raised in the 9 years we’ve held this Fundraiser, and we surpassed our goal of reaching $5,000, all in a very difficult fund raising season with people stretched thin with contributions to the many natural disaster relief funds as well. Everyone seemed to enjoy the spirit of the show: raising funds to help women and their families who are coping with breast cancer. The farm was decked out in pink, as were many of the horses and riders. We thank everyone who contributed to this show by competing, sponsoring, helping to fundraise and the volunteers who spent the day helping out at the show. Special thanks to Diane Bloxham, for hosting the show at WinAwayFarm, and for setting up and decorating the farm impeccably as always. Thank you also to Jenny Mlyniec, show manager, for handling the monumental task of keeping such a big, 2-ringed show running smoothly. We also recognize and thank the generosity of our volunteer judges, Pat Chandler and Aviva Nebesky, who both drove quite a distance to donate their entire Saturdays to benefit the cause. All the riders had such positive things to say about both judges, and how pleasant, fun and educational it was to ride for them!

As the 2017 show season is now officially over, we’re looking forward to relaxing and celebrating another fun and successful year for Peninsula Dressage, at our annual Christmas Party/Awards Dinner on Sunday December 10th.

For more information about our events and Peninsula Dressage, please visit us on FB, and our website at www.peninsuladressage.com.

Dr. Christina Dayton-Wall demonstrated some equine chiropractic techniques on Gus at the October Peninsula chapter meeting.
The 2018 Board of Directors

President: Christina Dale, Vice President: Wendy Emblin, Chairman: Camilla Cornwall, Secretary: Lynn Adams, Treasurer: Carolyn Del Grosso, Directors: Nancy Bowlus, Liz Erwin, Claire Lacey, Mimi Mack, Marcia Mia, Michelle Miller, Linda Speer, and Susan Stone.

Thank you to our outgoing officers who have all served full term limits, Thanks also to Retiring Board member Cheryl Resch (many thanks for all your work with the Schooling Show program). Welcome to our new Board members Michelle Miller and Nancy Bowlus. If you wish to contact an executive officer please send to <their title>@pvda.org. Other directors can be contacted using <first name.last name>@pvda.org Committee information can be found on our website under Contact Us. Members are always welcome to attend our Board Meetings which are held the first Monday of the month (with exceptions for holiday conflicts), 7 p.m. at Stonebrook Farm, Guilford Road, Clarksville Md. If you have ideas, comments or want things to happen contact us and be an active member!

Sad News

PVDA would like to extend its deepest condolences to Linda Speer on the passing of her husband, Colonel (Ret.) Wilbur Speer. Will has been Linda’s partner many years and supported her and by extension us, in many things dressage and equestrian related. He will be remembered by many of us for his kind and gentle soul, twinkling eye and quiet eloquence. Godspeed Will. Rest in Peace.

Membership Renewal

Current memberships expired December 31, 2017. New members will be given a temporary membership number to use until they are emailed a membership card. Non-member fees and volunteers certificates can be applied toward membership dues. Please submit the yellow copy of your volunteer certificates for credit. You can also renew online at http://www.pvda.org/form/membership-application/.

President’s Letter continued from page 3

site and make it more user friendly. Currently visitors are bombarded with information and that makes the site difficult to navigate. With more and more people using smart phones and tablets to check the web we understand the importance of having a mobile friendly site as well. PVDA maintains a social media presence with official PVDA and PVDA Ride for Life pages and a PVDA Chapter Chat group on facebook as well both twitter and instagram accounts. We also have a SmugMug site for hosting photos and videos from PVDA events, including chapter events. Any member can request a gallery and upload link through a form on the site at pvda.smugmug.com.

All members are welcome to attend our monthly board meetings held the first Monday of each month (unless it is a holiday) at Linda Speer’s beautiful Stonebrook Farm in Clarksville, Maryland. Members are also encouraged to join committees, many hands make light work, and no experience is necessary.

I look forward to seeing what 2018 brings!

Best Regards,
Christina Dale
2018 PVDA President
The PVDA Newsletter

Post It with PVDA

The Classifieds

The Classifieds is available to PVDA members only, at no charge, as a membership benefit. Classified advertisements (unboxed ads) are accepted by post or e-mail. Items submitted by e-mail are confirmed via e-mail. Type or print your submission and include your 2017 PVDA membership number. (The newsletter will not print any classifieds that are submitted without a membership number.) Classifieds MUST be received by the 10th* of the month to be distributed the following month. Email classifieds@pvda.org.

*THE MARCH ISSUE CLASSIFIEDS DEADLINE IS FEBRUARY 10*

Horses for Sale

✦ 9/7/17 Two highly attractive, sound, sane and competitive 16.1 hand bay Hanoverian geldings; one of them needs to be sold. Sixteen year old Fhinland ($25,000) currently competes fourth level, schooling PSG. Six year old Biedermeier ($40,000) showed training and first level at schooling and recognized shows in 2017. Both horses good on trails, handled/shown by senior amateur owner. Karen Anderson (301) 467-0731

Equipment - Tack and Clothing

✦ 1/3/18 Dressage Saddle for sale: Schleese Triumph 18” med-wide #3 tree, #2 panel RW. Fits my very big draft/Iberian cross. Purchased new in 2016. Lightly used, great condition. 2014 model purchased as a demo off the trailer in 2016. Call for photo, details or trial info. Located in central Maryland. Asking $3,500. Patty Cameron (410) 430-1986 patricia.cameron@medstar.net

✦ 11/3/17 Custom 17.5 Wolfgang short block medium buffalo dressage saddle 2400$, PDS 18” showtime MW, long flap dressage saddle 1400$ Derascavage, David (302) 379-5095 Raggedestiny@yahoo.com

✦ 10/31/17 Amigo Heavy Turnout Blanket 84” 1200 Denier - Excellent Condition - Used one season $100; Baker Stable Sheet 84” - Exc. Condition with 1 minor repair $65; Bits: Herm Sprenger Dynamic RS Sensogun D ring - 4 3/4” bit - 16 mm Herm Sprenger Aurigan KK Ultra Loose Ring - 6” 14mm bit - 70 mm rings $65 each Jayne Nessif (443) 604-7626

✦ 9/9/17 Albion SL medium 17.5” dressage saddle, excellent condition, $1100, Karen Anderson (301) 467-0731

Boarding

✦ 1/9/18 Pleasant Ridge Farm - Walkersville, MD. 80X200 indoor GGT footing. Heated tackroom w/ lockers. 2 H/C heated wash stalls. washer/dryer. fenced outdoor. Outside trainers welcome. dry lots and private turnout available. Pleasantridgefarm1@comcast.net. (301) 676-6874

Wanted

✦ 11/15/17 Dressage Horse, Gelding, 15.2-15.3 h, Solid 2nd level with potential, Show experience, up to 10 yrs, Quiet, Sound, No vices, Hacks out alone/in company Chaney, Dorothy (410) 991-4204 danchaney@verizon.net

Clarksville Quadrille

Submitted by Lynn Adams

The Clarksville Quadrille Team performed Sargeant Pepper’s Lonely Hearts Club Band in honor of Linda and Colonel Will Speer. The quadrille was started by Linda Speer 30 years ago, and the tradition has continued throughout the years. The 2017 team consisted of Pam Deem-Hergan riding No Patience Here, Catherin Lacey riding Hidalgo, Lynn Adams riding Thomas the Cat, and Tracey Goeller Trainum riding Gorbey.
Prince George’s Equestrian Center, November 4
2017 Fall Fest

*Article and photos by Claire Lacey*

We have been looking to create a different educational opportunity for our Adult Amateurs who had not connected with some of the bigger name clinics we ran in the past. Several felt clinicians were not relevant to the level they were at or the price was out of their budget. This was also consistent with the results I was getting from the 2017 Education survey (April/May’17 newsletter and available online) So when Liz Erwin (AA Rider committee) and Betsy Arthur brought an idea that had run successfully for a group Betsy used to belong to before moving to this area, I was very interested in us doing something with that. We met several times over the summer and came up with a plan with input from Christina Dale also. We decided doing something the day before the Chapter Challenge at Prince George’s Equestrian Center would be good. Riders could come early for the Chapter Challenge. Arenas would be able to be set up and used the next day helping minimize volunteer requirements. Liz and Betsy were both going to be unavailable the day of the clinic and this was a new format for us so we kept it very manageable Liz, Christina and I did promotional work and created ads to get the word out. Betsy did a great job organizing the sign ups as they came in and producing rider packets. I was manager on the day assisted by volunteer Pat Talbot—Thanks Pat!

The format we came up with had three clinicians. Rings were set up under the covered arena so weather would not be an issue. We wanted to make this an educational opportunity for auditors too, so Ring 1 was next to the bleachers. Each clinician took a turn in that arena with a couple of riders in turn followed by a Q & A session. Clinicians were able to work with riders in a low key and productive manner either from things picked out observing a test ride, concerns the rider brought or general observation of their riding. Over in Ring 2 participants were able to schedule a more traditional lesson with the same clinicians. Riders worked on a wide variety of things and just about everyone came away with positive progress. This was recognized by some as a great opportunity to have a horse come off the farm into a more show-like environment (especially with multiple rings) and work without the pressure of a show. Our clinicians Becky Langwost-Barlow, Barbara Strawson, and Ally Rogers were all specially selected for their experience working with Adult Amateurs and their teaching skills. We were not disappointed! They all did a great job, listening, evaluating and supporting riders developing skills- and with the flexibility to deal with a couple of quirks that showed up as only horses can bring!

We also had a tack sale in the afternoon under the barn pavilion and a lunch time talk on Biomechanics and seat by myself followed by a lecture/demo on saddle fitting with Susie Coffey who brought a wealth of knowledge to our demo horse Gabe owned by Christina Dale with Marilyn Jackson as demo rider. “Gabe” was a late substitution after our scheduled rider was unable to make it. But being a non-standard fit he gave us the opportunity to see many different things to consider in looking at saddles. Overall the even ran very smoothly (thanks everyone) and we received great positive feedback. Several asked if we will be doing this again. Watch this space…..!
Tips for Horse Care in Cold Weather

*Article and photos by Hilary Walker*

Winter brings unique challenges for the horse owner. What should normally be simple tasks become difficult, and for many of us the extra work is thankless, because we can’t even ride!

Here are some suggestions for easing the aggravation.

**Watering Woes**

*Getting your horse to drink water*

We all know that dehydration can be a big issue for horses in winter. They tend to drink less when the weather is very cold and some animals don’t like the warmer temperature of water in heated troughs and buckets.

Try the following to encourage your equine friend to drink any water, warm or cold, whether he’s at home or in an unfamiliar environment.

1) Add chopped apple to the water. To begin with, put the pieces in with the white sides up, so he can see them more easily.

2) Entice the horse to his bucket with a piece of apple in your hand, and have him eat it just above the water line.

3) Next, dip a piece of apple just under the water level so he has to put his muzzle in to reach it.

4) Now put your hand under one of the apple chunks already in the water and bob it under his nose.

Depending on your horse, it may take several attempts before he understands how to take the apple out of the water. But once he does, he’ll learn to recognize the sound of that apple plopping into his bucket and will rush over to enjoy the treat.

You’ll find that as soon as he eats the water-soaked fruit, he’ll realize how thirsty he is and will continue to drink the water even after the apple is gone.

The connection between apple and water has become so strong for my horse that when I give him a piece of apple in his stall from my hand, he goes straight to his water bucket for a drink.

*Preventing burst water pipes in the barn*

PVDA member Wendy Emblin puts hard faucet covers over the taps inside the barn. They only cost around $2 each and you can find them at Home Depot.

Attach the black plastic around the tap (photos on right) and pull the toggle to tighten. This system beats flooding in the barn!

*Storing water hoses*

Water heaters keep our troughs from freezing over but we need to restore the water lost in evaporation and through our horses’ drinking. This isn’t possible if the hose turns into solid ice.

Remove hoses attached to the outside faucets and store them in a warm area, such as the tack room, and they’ll always be ready for refilling the troughs.

I don’t know how many times I’ve forgotten to do that and ended up carrying buckets of water out to the trough.

*Water buckets*

Heated water buckets are handy to have in the stalls. But they are expensive, cumbersome to remove and clean out, and get very hot when they become empty during the night.

Continued on next page
These days I prefer to use regular buckets. In the morning any undrunk water will be frozen, so I put the bucket in my heated tack room and switch it out with the one I put in there yesterday. The ice in it has thawed overnight so I can tip out the old water and refill it to place back in the stall. As long as you have a warm enough place for the frozen buckets, this rotation will also work every twelve hours.

**Hay Hassles**

*Make your hay last longer*

If you’re like me, no matter how much hay you get in before the onset of bad weather, it is never enough. The horses wolf it down in three seconds then look at you, bored. There is little or no grass left worth eating in the field, or else it’s covered in snow, so they can’t even pretend to graze.

**Small hole hay nets**

Putting hay into those nets with small holes is a great way to slow down your horse’s consumption because he has to work to get the hay out. You’ll find he loves tossing the net around, too. Pictured above is my horse Cruz Bay, enjoying his hay, and covered in icicles after he decided to wander outside into a big snow storm!

With the small hole nets there is virtually no waste, as very little hay drops on the ground, and when it does, your horse will eat it because it’s easier than laboring on the hay-net.

**Hay extension**

To make my hay last longer and to add something more interesting, I sometimes put a little in the bottom of the hay-net as a base, then fill it half full with grass forage. To my surprise, the horses take almost as long to get those short blades out as the hay. It doesn’t fall straight out of the holes, either, as I’d expected.

**Quick and easy hay-net filling**

Using hay-nets may slow down our horses’ eating, but they’re a real chore to fill up! Here’s the method I’ve adopted.

1) Place your wheelbarrow next to your hay bales and hay-nets.

2) Thread the mesh at the top of the net onto the barrow handles, at four points. This keeps the net open, without your having to fiddle with it while filling it up.

3) Place as much hay (or grass forage) as you want in the net.

4) Pull off the net and draw it closed with the string.

This year I invested in the SmartPak Slow Feed Hay Bag. It’s not cheap - $49.95 - but much easier to fill than regular small hole nets. You can also leave the net hanging in the stall while you open it and stuff it with hay.

It is very durable. The top canvas is threaded through with metal bars to help keep its shape, and it has a Velcro closure. The bag holds 10 to 15 pounds of hay and the holes are 2 inches. PVDA member Christina Dale’s Clydesdale cross eats just as happily out of it as the little Quarter Horse I’m fostering from Freedom Hill Horse Rescue. I’ve been using these nets for over a month now. They’ve cut down my feeding time by a lot and my aggravation with filling hay nets by even more!

**Getting hay, feed and other supplies to the barn across the snow**

The driveway down to my barn remains covered in deep snow for a very long time. I can’t drive my truck down there, yet I still need to get supplies down to my horses. I have evolved two ways of transporting hay bales, feed bags and bags of sawdust across the snow.

During Snowmaggedon in 2010, I placed a tarp on the snow and dragged my supplies down a few bales and bags at a time. It worked fine, but the next time we had heavy snowfall I got a bit smarter and used a surfboard. I’d already been surfing down the hill behind the house on it, with an old bathroom mat on to prevent my slipping off. Wendy uses her sled in the same way. I found it much easier to pull my supplies on the board. Unlike the tarp it has a tow rope with a handle for pulling.

**When the Wind Blows**

During particularly fierce winds we discover just how big that gap is between the base of
our stall doors and the ground! Wendy makes use of empty shavings bags to stop up those pesky spaces, while I stuff a towel in each gap.

**Turning Out**

*Additional protection*

Wendy keeps her turnout boots warm in the tack room overnight. (This is a good idea for brushing boots, too, if you’re lucky enough to still be able to ride!) She has a pony with winter laminitis, and keeps his legs warm with boots. Boa boots for protection on the hard ground outside and Back on Track (BOC) quick wraps in the stall.

If your horse has any eye problems, or blue or albino eyes, she suggests putting on a fly mask during sunny days to protect them from the glare bouncing off the snow. The ear covers are useful for extra warmth, too.

**When it snows**

Wendy prefers to turn out her horses in the snow before it freezes over and becomes dangerous. That way the ground gets churned up instead turning into an icing rink.

She is careful to clear all areas around gateways before the snow forms into immoveable ice.

Spreading used shavings and hay over the gate entrances helps keep them safe to pass through.

**Around the water trough**

These areas of high traffic get boggy when the ground thaws during the day, then become an ice trap as the temperatures drop again. I put old hay and used sawdust over them to make it safer for my horses to get their much-needed water.

**What to Do When You Can’t Ride**

*Release accumulated tension in your horse*

A while ago I bought Jim Masterson’s book Beyond Horse Massage. He describes his method as “equine bodywork in which you learn to recognize and use the responses of the horse to your touch to find and release accumulated tension in key junctions of the body that most affect performance.”

This process will improve your horse’s suppleness and comfort, leading to better performance. Other benefits are the bond you’ll develop and an increase of mutual trust. The system uses simple touch on strategic points to let the horse show you where he holds tension. Masterson emphasizes that the horse is an active participant, and it is truly remarkable to see the horse visibly release tension in his body.

You’re looking for subtle signs of release, such as a softening of the eye or a blink, twitching lip and change in breathing. He also details the larger responses: licking, repeated snorting or sneezing, repeated yawning and shaking of the head. I was a little skeptical of my ability to ‘read’ my gelding. How was I going to notice something so subtle as a softened eye or a blink? Turns out it didn’t matter, because as soon as I began working on him he couldn’t stop yawning, or licking and chewing, and frequently shook his head. Boy, he really let me know this stuff is working! He also told me very clearly which areas are bothering him.

I come away from my sessions with him (they can last up to two hours) feeling that my horse is much happier and more comfortable, and that he sees me as a good person to be around. I was using the Kindle app on my phone. But it was awkward having to check what I needed to do then put the phone in my pocket, so it wouldn’t fall under my horse’s hooves while I was performing his massage.

I was very happy to find the chart “Beyond Horse Massage Wall Charts: Large-Format Photos and Step-by-Step Instructions for 13 Techniques” which I hang where I can see it and he can’t eat it. To find out more about these wonderful techniques check out www.mastersonmethod.com. There you’ll find videos of him performing them.

**Get in shape!**

Now is the perfect time to work on strengthening your core and leg muscles. Since you can’t ride (and Jim Masterson recommends doing his exercises on your horse every two days or so, not every day) then you have time to devote to yourself.

Put ‘core muscle exercises’ into your search engine and you’ll find tons of them, including some for newbies. One example is 6 Interesting Core Exercises For Dressage Riders with photos and videos of the exercises on the website DressageRidingTrainer.com.

The article “6 Leg Exercises To Improve Dressage Rider Leg Strength” is great for help with targeting the specific muscles we use in our riding discipline, and includes a helpful video for each exercise. If you stick to a program, you’ll see great results by the time you can get back in the saddle.

When the barn tasks we were able to accomplish so easily in the warm months become arduous, and if we can no longer ride, our enjoyment of having horses is severely compromised. Luckily there are ways to ease the burden of equine care during bad weather and still work on our riding goals for the coming year. By the time the snow melts and our arenas dry out, we can be physically toned and ready to ride on a relaxed and supple horse.

What a recipe for success in the coming competition season!
Do Something New with Your Horse – Try an In-Hand Schooling Show!

By Leslie Raulin

There are a lot of fun activities in which we may participate with our dressage horses – licensed performance (ridden) shows, schooling performance shows, clinics of all varieties, eventing shows, hunter/jumper shows, fox hunting, trail riding, etc. However, the majority of dressage riders do not participate in licensed in-hand shows – shows where the horse is not under saddle but instead is led by a handler (thus the in-hand nomenclature) for a judge to evaluate the horse's conformation and the walk and trot gaits. In-hand shows may also be called “breed shows” or “dressage sport horse shows” as they may be an opportunity for breeders and trainers to compete horses of specific breeds in-hand in different age groups, and to evaluate the offspring of a mare, stallion, or family line. Breed shows may also have specific under saddle classes for evaluation of a young dressage sport horse prospect.

Every spring the Catoctin Chapter of PVDA has a schooling show that includes both in-hand and performance classes. This spring the show is Saturday, April 28, at Plantation Valley Stables in Middletown, MD. The in-hand classes are an opportunity for riders/owners who do not usually participate in in-hand shows/classes to try out this type of class and to see what a judge says about their horse. Riders/owners/trainers/horses of all ages and breeds may participate. You do not need to be a breeder and geldings are welcome. The in-hand classes can be less stressful (for horse and person) than performance classes, and the horses can have a positive experience off the farm. The in-hand classes are also an opportunity for professional and amateur breeders and handlers to practice showing in-hand with a horse. During an in-hand class, the handler “sets up” the horse in a “stance” in front of the judge to be evaluated on its conformation. The handler then exhibits the horse at the walk on a small (15 m) triangle and then at the trot on a large (30 m) triangle. The triangle is delineated by cones, plants, or planters. The set-up area is delineated by a ground pole.

If you would like to try out an in-hand show, there is a plethora of instructional informa-

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The triangle measures approximately 30 meters on each side.

When called by the ringmaster, stand your horse in front of the judge (at A) for conformation judging. Upon direction, follow the procedure as diagrammed below:

- Walk small triangle – ABCA
- Trot large triangle – ADEA
- Stand the horse in front of the judge at A
- Follow any other instructions from the judge
- When dismissed by the judge, leave the judging area

When you walk/trot the horse, position yourself on the outside (left side) of the horse so the judge can optimally see the horse.
The PVDA Newsletter is published bi-monthly by the Potomac Valley Dressage Association. The deadline for submissions is (usually) the 10th of the month for distribution the following two months. NEXT ISSUE: MARCH 2018; DEADLINE: FEBRUARY 10; DISTRIBUTION: FEBRUARY 2018.

Send your materials to the appropriate editor below. Late materials may be published in a subsequent newsletter as deemed appropriate. Editors reserve the right to edit all material. All submissions are subject to editorial approval.

**Send your submissions to the appropriate editor:**

- **Display Ads, Chapter News & Photos:** editor@pvda.org
- **News/Articles/Flying Changes:** editor@pvda.org
- **The Classifieds:** classifieds@pvda.org (Susan Stone)
- **Calendar of Events:** calendar@pvda.org (Christina Dale, Calendar Editor)
- **Change of Address/Membership Renewal & Information:** membership@pvda.org (Liz Erwin, Membership Coordinator, 16816 Norbeck Drive, Olney, MD 20832; 301-924-5970)
- **General Information:** info@pvda.org
- **PVDA Web Site:** www.pvda.org

**Publication Deadlines**

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**Advertising in the PVDA Newsletter**

Advertise in the PVDA Newsletter! editor@pvda.org for information
**By The Board**

Board Meetings are usually held the first Monday of each month at 7 p.m. and are open to all PVDA members.

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**OFFICERS**

**President**
Christina Dale

**Vice President**
Wendy Emblin

**Chairperson**
Camilla Cornell

**Secretary**
Lynn Adams

**Treasurer**
Carolyn Del Grosso

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Mimi Mack
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Linda Speer
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**COMMITTEES OF THE BOARD**

**Calendar**
Christina Dale
calendar@pvda.org

**Commissions**
PVDA Library/ Documents (Archives, Books, Videos)
Claire Lacey (chair), Jennifer Tingley, Susan Stone

**Committee Reports**

**Awards:** Awards for next year arrived. Sashes for the Adult Team Competition should arrive Friday before the show. Carolyn has USDf banner & medals for winners. Choosing from a selection of trophies at Chapter Challenge was very popular.

**Chapters:** Two Chapters have applied for subsidies. Clarksville is sending in their report on an event they held. The Chapter Challenge was well attended and ran smoothly.

**Education:** The 2017 Fall Fest event was very successful. It ran smoothly thanks to excellent organization by Betsy Arthur. Claire ran the event on the day with volunteer Pat Talbot and reported that riders seemed to really like the format and clinicians we, had chosen.

**Governance:** Mimi will collect and confirm nominations for the next Executive Committee from our Board of Directors to be voted on at the December meeting.

**Membership:** Membership is still significantly lower than it was 5 years ago but we still have new members especially in Southern MD.

**PVDA Library/Documents:** Videos are with Claire. Marla Stoner still maintains the book library. Susan reports that she has found a suitable 4 Terabyte hard drive to store our archives on.

**Ride for Life:** There has been a good wrap up meeting with Johns Hopkins. We raised $65,000 in 2017. 2018 will be the 15th anniversary of the event. Lilley Shockley will be retiring from Hopkins.

**Schooling Shows:** It was agreed that we will no longer cancel for light entries - only in case of inclement weather or if a property owner requests it.

**Shows:** Carolyn is starting to work on Recognized shows for 2018. It looks like there is a date conflict for Loch Moy, there was some discussion on considering alternative location.

**Website:** The website continues to be plagued by various parts not playing nice together as a result of various updates that the individual components roll out. We are in need of professional help to overhaul the site.

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**COMMITTEE REPORTS**

**NEW BUSINESS:** USDf National Convention December 4th/5th. PVDA has previously covered up to $700 towards expenses per delegate we send. Our delegates need to attend as many meetings as possible focusing on areas of most relevance to us. They should be willing to take notes & report to our Board. Preference is given to Board members. Camilla Cornell & Ninja Nissan had been planning to go but plan fell through. Shannon Pedlar-Bosung had offered to be our proxy as Nissan had been planning to go but plan fell through. Claire will handle notes & report to our Board. Preference is given to Board members.

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Deadline for ads and articles is
FEBRUARY 10 for the MARCH 2018 issue
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Calendar: calendar@pvda.org
Chapter News: editor@pvda.org
Classifieds: classifieds@pvda.org
Display Ads: editor@pvda.org
Membership: membership@pvda.org
Photos: editor@pvda.org

Potomac Valley Dressage Association Membership Application 2018
PVDA is a USDF Group Member Organization and PVDA members are automatically USDF Group Members.
The PVDA MEMBERSHIP YEAR RUNS FROM JANUARY 1 THROUGH DECEMBER 31.
I wish to apply for the following:

<table>
<thead>
<tr>
<th>Membership</th>
<th>1 YEAR</th>
<th>2 YEAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Affiliate</td>
<td>$45</td>
<td>$75</td>
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<tr>
<td>Young Adult</td>
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<td>$100</td>
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<tr>
<td>Adult</td>
<td>$60</td>
<td>$100</td>
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<tr>
<td>Senior (65 &amp; Older)</td>
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<td>$75</td>
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<tr>
<td>Patron</td>
<td>$75</td>
<td>$125</td>
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<tr>
<td>Business Affiliate</td>
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<td>$175</td>
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<tr>
<td>Family (priced for 2)</td>
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<td>$145</td>
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<tr>
<td>Additional Family</td>
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<td>$40 ea</td>
</tr>
<tr>
<td>Life Adult Member</td>
<td>$799</td>
<td></td>
</tr>
</tbody>
</table>

I would like to Volunteer:

- Scribe
- Manager
- Steward
- Runner
- Scoring
- Set Up
- Breakdown
- Show Other
- Education
- Computer
- Marketing
- Write Articles
- Ride for Life
- Anything

I offer the following services:

- Judge at Grade: ________
- Trainer at Level: ________
- USEF TD at Level: ________
- Breeder of: ________

PVDA Membership Directory Options
List my Phone # Yes No
List my Email Yes No

I would like to Donate toward:

Year End Trophy Fund: $ ________
PVDA Ride for Life: $ ________

Name ______________________ DOB*: ________
Family #1 ______________________ DOB*: ________
Family #2 ______________________ DOB*: ________
Street ____________________________
City/ST/Zip ________________________
Phone ____________________________ Email ________________________
I have been a PVDA member Yes No USDF # ________
Primary GMO ________ Do Not Snail Mail me a Newsletter

*Birthdays are REQUIRED for Junior, Young Adult and Senior Memberships

Mail Completed Applications with check made Payable to PVDA to:
Liz Erwin, PVDA Membership
16816 Norbrook Drive
Olney, Md 20832
membership@pvda.org or 301 924 5970