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A Benefit Show for Alzheimer’s Disease

by Suzanne Fallis

On September 22, 2018, PVDA held a dressage schooling show at Schooley Mill Park in Highland, Maryland. This was no ordinary schooling show. It was a special show and it was a special day for many who volunteered and participated. It was a show to benefit the Alzheimer’s Association as a way to remember those who were lost to Alzheimer’s, recognize the caregivers of Alzheimer’s patients, and ultimately to raise awareness of this devastating, heartbreaking disease.

Each year, PVDA board members discuss, share ideas, and eventually agree on a charity to support through donations raised at various PVDA events. After coming to the realization that Alzheimer’s had affected numerous PVDA members, the PVDA board designated the September 22nd schooling show as a benefit to Alzheimer’s with donations and proceeds going to the Alzheimer’s Association and specifically ear marked for Alzheimer’s research.

According to the Alzheimer’s Association, Alzheimer’s is the sixth leading cause of death in the United States and currently has no cure. The Center for Disease Control reports that by the year 2050, the number of people living with Alzheimer’s will rise to 14 million people, and these numbers don’t include those family members affected by the disease which can be overwhelming, lonely, and exhausting.

PVDA member, Linda Speer, who lost her husband, Colonel Will Speer to Alzheimer’s on November 26, 2017, said because Alzheimer’s had affected so many members over the past several years, PVDA board members ultimately decided to benefit Alzheimer’s research for this year’s benefit schooling show. Linda said donations will specifically go to Alzheimer’s research because “research is the only way to stop this horrible disease,” and will help scientists along their path of understanding and eventually finding a cure.

Lynn Adams, also a PVDA member and whose uncle died from Alzheimer’s many years ago, said “I know well that the disease is one that is hard on both the individual and the family. We really need to find a way to prevent it and need to find effective treatments and hopefully a cure. That is why we had the benefit show. I hope the money we raised will fund research to get us closer to these goals.”

Catherine Holden, former PVDA Secretary and owner of Windsor Manor Stables, who lost her husband, William “Bill” Holden, to Alzheimer’s two years ago de-

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Dear Members,

The 2018 season is almost over and we’re already looking towards 2019. Our education committee has been working hard to set up a much requested L Program and we can’t wait to finalize details and get them out to all of you. Whether you dream of being a dressage judge or you simply have a thirst for knowledge and a love for dressage the L Program has something for everyone. What is the L Program? It is a “comprehensive curriculum created to teach participants and auditors how to evaluate dressage performance at Training through Second Level.” The L Program consists of four sessions: A, B, C, and D plus a final exam. Sessions A, B, and C are open to silent auditors and include USDF University credits! Session A is an introduction to judging and biomechanics. Session B covers judging criteria for gaits, paces, movements, and figures. Session C is about collective marks, equitation, rider biomechanics and basics. Sounds awesome, right?! I can’t wait!

Our schooling show committee has also been hard at work, checking on facility availability and scheduling logistics for the 2019 season. Once locations and dates are set they’ll start confirming judges and managers. The show committee is also working with the education committee to plan the 2019 Tea is for Training. The Tea is an annual event held to teach PVDA members the volunteer positions needed to make our shows happen including ring setup, scribing, the duties of a ring steward, runner, scorer, and more! The event includes a traditional high tea! This event is held at a local farm and is usually in February or March. Be on the lookout for

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a date, we’d love for you to attend!

The last two schooling shows for 2018 are done! Be sure to check your scores and volunteer hours online. Remember, all scores count this year, we’re no longer dropping the high and low score. If you see any errors please let us know as soon as possible, scores are considered “final” on December 1st. Then, join us at the Annual Awards dinner, this year we are at a new-to-us venue, the Sheraton on the Lake in Columbia. We have reserved Saturday, January 12th. It is sure to be a night of good food, good friends, and beautiful awards. Don’t forget the silent auction and chapter basket raffle. This year we’re adding music with a DJ and dancing. Start submitting photos now for inclusion in the dinner program and in the slideshow.

By now everyone should have also received their notification email about the new site! I hope you’ve had a chance to login and update your profile and login information. The site works like a social media network and connects you with the organization as a whole, with your chapter(s), and more! We hope to add more features as we go and look forward to your feedback. Let us know the good, the bad, and the ugly. We want the site to be a valuable benefit for everyone in PVDA. So drop us a note in the idea box about the site (or about anything PVDA). Tell us what works and what doesn’t. We’re standing by and willing to listen.

Until next month, happy riding!

Christina Dale

President’s Window continued from page 3

Three chapter members traveled south to watch world class competition at the 2018 World Equestrian Games in North Carolina. Despite Hurricane Florence causing the freestyles to be canceled it was still an amazing opportunity to watch top riders from around the world.

October 6th was a beautiful day for a horse show! The Calvert Chapter was joined by judge Annmari Ingersoll at Oak Ridge Park in Hughesville, Maryland. Horses braved the sight of cross country runners emerging from the trees on more than one occasion but overall the horses and riders were well behaved. We were thrilled to welcome back some familiar faces from our Spring Show at Kings Landing Park and made fast friends of new competitors. With some scratches due to lost shoes and lameness the schedule was quite relaxed. We hope the horses and riders that couldn’t make it this year join us in 2019, it isn’t the same without you there!

We have three teams ready to go for Chapter Challenge. Stop on by barn S1 for a visit in our hospitality stall. I can almost guarantee pony and puppy kisses for everyone, maybe peppermints, too.

We’re scouting locations for our annual Christmas Dinner which always features good food, great friends, lots of laughs, and a cut throat version of White Elephant gift exchange. What could be better?

Then, we’re looking ahead to 2019. We just never got around to planning a clinic this year, everyone had so much going on. Hopefully we can get back on track and hope to have something planned for the southern Maryland area before you know it. Until then we look forward to seeing you on the trails and in the ring.

Hilary Walker, Amanda Allen & Christina Dale

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Hilary Walker, Amanda Allen & Christina Dale
The Search for the “Perfect” Boarding Farm  
by Amanda Allen

Boarding farms, for most of us they are a necessity, but it can be hard to find the “right fit.” There are many facilities available with a broad range of features, from small family-operated farms, to larger professional operations, co-op facilities, and even self-care facilities. With all the variability in farms, the search for the “perfect farm” can be a daunting one, but there are certain things that can help you find the best fit. A careful look at the amenities and costs compared to your preferences should help guide your decision.

I usually begin my search by laying out my preferences. Do I want stall board or field board? Is self-care an option and is it something that I can afford (both time and cost)? Is blanketing, fly spray, holding for the vet and farrier included or is it extra? What are the riding facilities like? Is there an outdoor ring or an indoor, is there lighting, are there cross country jumps, are there accessible trails, or is there simply plenty of pasture for my retiree? Is there a wash stall or outdoor wash rack and is there hot water? What are the amenities for myself? Is there a bathroom, because let’s face it, once you’re past your 20s you’re praying for a full bathroom, not a porta potty. What is the storage like; is there a tack room or lockers? Is the tack room temperature controlled or is my leather going to be covered in mold by summer and dry and brittle in winter? What is the social atmosphere? Is it a community of like-minded and similarly skilled riders? Is the barn filled with adults or will I be hanging out with the kids (which keeps me young)?

Once I’ve got my preferences straight, the first thing I look for in a farm are the overall boarding options. For stall boarding, I need to know how long horses are stalled and how long they are in turnout. Further, I need to know the size of the stalls, how often they are cleaned, the type of bedding used, whether they have adequate access to hay and water, and whether they will have fans in the summer and blankets in the winter. Are those options going to fit my needs? If my, let’s say, 18 hand draft horse is on stall board the stalls better be bigger than 12’ x 12’. I also want to make sure that my accident-prone horse has no access to sharp objects that could be great for the odd puncture wound or lighting he could rear into without protected covering.

If, however, the horse in question is anything like my Appaloosa, is field board an option? My Appy gelding hates stalls. He is so herd-bound that you can’t separate him from his friends, not even with a stall wall. With him in mind, I’m going to look for a field board option with a run-in shelter to allow him relief from weather of all kinds, access to free choice hay (if pasture is thin), and plenty of clean water. I personally prefer field board because it maximizes the horse’s grazing time and because they’re constantly moving (which is key for my aging geldings). I also pay close attention to the type of fencing and whether the pasture is adequate for the number of horses (clumps of weeds vs. lush pasture with grazing horses). That same Appy has previously fractured his neck by spooking with his head through fence rails, so fencing and access to pasture are very important.

Knowing that my horse is still getting personalized care while on field board is also important. Do they bring horses into a barn or stall to eat separately or are there five to ten horses lined up to eat based on the pecking order of the herd? My typically submissive gelding can turn into a real jerk if there is a more timid horse present, so in my case he needs to be with more dominant horses. I also want to be sure my guy can get his personalized supplements, fly spray in the summer, and blankets in the winter, preferably all included in the board fee. That would be an ideal

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Sturdy Barn and Good Fences
Pasture Supplemented with Hay

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situation, but I’m also willing to pay an additional fee if it means he gets the added care.

Self-care boarding is also an option. Self-care boarding allows me the ability to feed the exact feed and supplements my horses need, to choose when I will feed, and to monitor them daily for body condition, behavior, and soundness or injury. Even though I am the primary caregiver, it’s still important to look into what the facility will provide. Will they de-ice your trough in the winter if you’re not there? Do they provide hay or do you need to purchase your own? If they don’t provide hay is there a place to store your own? Do they cover feeding if you’re going out of town? Is there a caretaker on the property who can contact you if they see a problem? With self-care boarding, it’s just as important to inspect every area that you would in other boarding situations, but understand that you will have to become a greater advocate for your horse’s needs as well as your own. The farm owner or caretaker may not be in your field to regularly inspect the run-in shed, the fence line, or the pasture condition. They may also not monitor the tack or feed room for wear and tear. You will need to keep an eye on things so that you can report when maintenance or other needs pop up.

Once I have a good grasp of the physical aspects of the farm, I tend to inspect the owner/manager and their practices. I believe it is extremely important to talk with the owner and get a feel for how they run their farm and share what your needs are for your animal. In my opinion, the owner or manager of the farm is the key to a successful boarding facility. Ultimately, I’m entrusting my animals to their care, so I had better have a good feel for their level of horsemanship and their management philosophy.

Finally, I need to see a boarding contract. A contract is just as important for you, the boarder, as it is for the owner. Do they provide a simple liability release for health or property damage or are there more detailed farm-specific policies? Make sure you read through the document very carefully and ask questions if you need clarification. For instance, the farm may have a specific health plan you need to adhere to, they may require you to use a specific vet or farrier, or they may allow you to use any farrier or vet you like. Does the farm ask about health issues for your horse? Can you specify feed type and rations? Some farms may allow you to bring in your own trainer to teach onsite, or they may have their own. If your trainer is allowed, you need to know if they have to sign a separate contract or release and whether they have to pay to teach on that property.

You should also know what the procedures are for a horse or human-related injury. Will the farm call a vet or ambulance in case of an emergency? If you aren’t there, do you need to authorize the farm to allow treatment of your horse and if so, is there a cap on the cost or level of treatment? Do they ask you for emergency contacts for both you and your horse? You should also know the basic policies for human and animal guests on that property. Do friends and family need to sign a release form when they visit or are guests even allowed? Are other animals, dogs or horses, allowed on the property and if so, are there any restrictions? Lastly, you will need the amount of board listed in this contract, the due date, and what fees you may incur and for what reason.

The clear lesson here is that we owners need to take our time and do our homework when searching for a boarding farm. It can be frustrating and may take time, but it’s worth the effort. My current farm may not be that elusive “perfect fit,” but it was chosen carefully and the pros definitely outweigh the cons. It suits my needs and most importantly, my horses are thriving and happy. Stay positive, do your research, and you will find your farm too. Happy farm hunting!

Amanda Allen is an amateur rider who has owned and worked with horses for 15 years. She currently owns two 20-something geldings, an Appaloosa named Chance, and a Paint named Chico. Amanda is a Maryland native but a military brat, which means she wasn’t settled long enough to start riding until the “young” age of 20. Amanda owes her love of all things horses to her mother and her riding “career” to the current PVDA President, Christina Dale (and her old QH mare, Ruby).
PVDA Schooling Show
September 15, 2018 • Oak Ridge Park II • Hughesville, MD

Thank you to everyone who came out, it turned out to be a pretty nice day with only a little bit of rain. Thank you to my volunteers - I would have been lost without the help, really you all are the best. Alison, Laura, Alice, Amanda, Mary, and Karen. Thanks to our Judge AnneMari who took time to help me, a new show manager, out and gave the riders some tips as well.

1st TOC
1 Judy Whyte / Solo / 76.176
2 Judy Whyte / Solo / 72.343
3 Kathy Glockner / Mr. Fitz / 64.629

2nd and Above
1 Donna O’Conner / Renoir / 75.525

TR Test 1
1 Julie Devine / Scout's Honor / 70.217
2 Karen Siebert / Rae of Hope / 69.565
3 Karen Colbert / Lady's Man / 65.869

TR Test 2
1 Julie Devine / Scout's Honor / 73.269
2 Karen Siebert / Rae of Hope / 70.192
3 Deanna Mann Wilkinson / Rosallina / 69.423
4 Betsy Fritz / Mighty Little Pep / 68.653
5 Darryl Cherry / Dash / 66.923
6 Karen Colbert / Lady's Man / 63.076

TR Test 3
1 Betsy Fritz / Mighty Little Pep / 71.136
2 Darryl Cherry / Dash / 70.681

Freestyle TOC 94
1 Kathy Glockner / Mr. Fitz / 79.2
2 Elin Jones / Caprielle / 76.733

Intro A&Western
1 Avah Whers / Pepermint Paty / 73.125
2 Lisa Hester / Kay Cees Passin By / 69.583
3 Natalie Garner / Guaranteed Good Aset / 68.75

Intro B
1 Paige Mattingly / Buddy / 72.812
2 Avah Whers / Pepermint Paty / 71.875
3 Molly Harrison / Solsticio Del VranoB / 69.062
4 Debra Weston / Prince Edisto / 68.125

Intro C
1 Paige Mattingly / Buddy / 71.25
2 Lisa Hester / Kay Cees Passin By / 69.25
3 Natalie Garner / Guaranteed Good Aset / 68.75

PVDA Schooling Show
September 22, 2018 • Schooley Mill IV • Highland, MD

The official first day of autumn turned out to be the perfect day to have the Alzheimer Benefit Show! Thanks to an overfull show of 54 rides and the additional generous donations from so many of you, we raised about $2,000! Nearly everyone wore the purple ribbons to ride “in support” that Lynn Adams personally made. The footing was perfect Friday night at arena set up. Unfortunately, we got buckets of rain that caused a soggy arena morning. This didn't keep people and horses from having a great time. Thank you to our wonderful judge Trisha Reed DeRosa who kept the show moving but still found the time to give great feedback to all the competitors. We couldn't have done it without my volunteers: Linda Speer - Fundraiser Extraordinaire! And Elin Jones, Lisa Zurmuhlen, Arianna Stanley, Ashley Christian, Raegan Nalls, Samantha Smith, Geri Smith, Erin Carr, KR Staveteig Elizabeth Carole, Carolyn DelGrosso. Half day or full day, you all made it happen! Special thanks to Lynn Adams and Chris Clingenpeel who diligently kept me sane through the biggest challenges. Champions and Reserve were split Adult and JR/YR. JR Intro Champion: Maia Cornwell 77.250% Reserve: Madeline Guthier 72.188%. JR First Level Champion: Imaan Saadat-Zia 68.696%. JR First Level Champion: Holly Greenleaf 66.852%

Introductory Level Test A
1 Kyley Mcgeeney / Sugar / 72.813%
2 Laura Roadcap / Emory / 69.688%

Training Level Test 1
1 Susie Coffee / Journeymen / 72.826%
2 Jill Caple / Sweet Pea / 70.652%
3 Genevieve Lindner / Atticus / 68.913%
4 Teresa Harris / Morningside Defiance / 59.565%

First Level Test 1
1 Lynn Adams / Falcor / 69.259%
2 Elizabeth Osterman / Yorktown / 66.296%
3 Pam Deen-Hergan / No Patience Here / 63.704%

First Level Test 2
1 Elizabeth Osterman / Yorktown / 69.219%
2 Samantha Smith / Grovers Slapshot / 68.125%
3 Pam Deen-Hergan / No Patience Here / 65.313%
4 Nancy Albrecht / Monica Lu / 64.531%
5 Dana Scanlon / Gmork / 64.063%
6 Jennifer Neemann / Golden Safira+++ / 61.719%

First Level Test 3
1 Samantha Smith / Grovers Slapshot / 70.294%
2 Jennifer Neemann / Golden Safira+++ / 65.147%
3 Dana Scanlon / Gmork / 62.794%

Second Level Test 1
1 Alison May / Blondie / 66.364%
2 Janet Beebe / Neapolitano Primabona Li / 66.212%

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Show Results Cont.
9/22/18 • Schooley Mill IV
3 Diane Mukherjee / Gracie Slick / 66.061%

Second Level Test 2
1 Diane Mukherjee / Gracie Slick / 69.615%
2 Gaia Larson / Phoenix / 68.590%
3 Janet Beebe / Neapolitano Primabona Il / 65.641%
4 Alison May / Blondie / 65.513%

Third Level Test 3
1 Camilla Cornwell / Serafina Cc / 69.103%

USEA Eventing TOC (Choice 1)
1 Ilana Cramer / Rock Harbor / 66.667%

Other TOC (Choice 1)
1 Colton Trainum / Gorby / 74.375%

PVDA Schooling Show
September 30, 2018 • Preston Horse Farm II • Preston, MD

A huge thank you to Becky Langwost Barlow for allowing us to hold the show after a week of heavy rain. The skies cleared on Friday and things dried out to allow us to have the show. Things went very well and the day was spectacular. Thank you judge Sarah Gonzalez for a nice day of nice scores. Also thanks to Christina Dayton-Wall for taking over as manager so we could have this show. A really nice variety of rides from eventing, western, coached therapeutic, leadline and up to second level. A good time was had by all!

Introductory Level Test A & B
1 Kirk Merysa / Rdeo Romance / 67.188%
2 Amy Swartz / South Harbour / 62.500%
3 Amy Swartz / South Harbour / 61.563%

Training Level Test 1
1 Malin Gearhart / Lady Freyja / 66.739%
2 Annie Trice / Tori / 64.130%
3 Alexandra Roman / Origami / 63.043%

Training Level Test 2 & 3
1 Caitlin Hetland / Bella Fay / 69.545%
2 Alexandra Roman / Origami / 64.423%
3 Annie Trice / Tori / 64.091%
4 Annie Trice / Tori / 62.692%

First Level Test TOC
1 Annie Trice / Rcl Apollo Hancock / 68.971%
2 Madeleine Kiesewetter / Partly Cloudy / 67.593%
3 Annie Trice / Rcl Apollo Hancock / 66.875%
4 Madeleine Kiesewetter / Partly Cloudy / 66.563%
5 Annie Trice / Rcl Apollo Hancock / 65.185%
6 Caitlin Hetland / Bella Fay / 61.406%

USEA Eventing TOC (Choice 1)
1 Janice Conlon / Rimma / 66.500%
2 Janice Conlon / Rimma / 61.190%

Western Dressage TOC (Choice 1)
1 Rachel Grabowski / Delphie / 69.375%
2 Erin Freeman / Bo / 68.333%
3 Brooke Mills / Cooper / 63.182%

Western Dressage TOC (Choice 2)
1 Rachel Grabowski / Delphie / 70.870%
2 Erin Freeman / Bo / 68.333%
3 Erin Freeman / Bo / 66.071%
4 Brooke Mills / Cooper / 64.722%

Other TOC (Choice 1)
1 Caleb Krewson / Winston / 71.136%
2 Wyatt Trice / Winston / 68.542%
3 Austin Jackson / Winston / 62.273%
PVDA Schooling Show  
October 7, 2018 • Encore Stables II • Fulton, MD

The show went great, thanks so much to our wonderful judge and the volunteers that made the day run smoothly. Great rides had by all.

Class 1
1 Samantha Smith / Grover’s Slapshot / 69.375  
2 April Tennyson / Small Town Boy / 67.592  
3 April Tennyson / Small Town Boy / 67.500  
4 Jennifer Neemann / Golden Safira / 62.625  
5 Jennifer Neemann / Golden Safira / 62.592

Class 2
1 Diane Mukherjee / Gracie Slick / 69.231  
2 Samantha Smith / Grover’s Slapshot / 68.676  
3 Diane Mukherjee / Gracie Slick / 67.273  
4 Jennifer Neemann / Golden Safira / 64.706

Class 3
1 Sam Hellemann / Scout / 72.954

Class 4
1 Debra Weston / Prince Edisto Hill II / 70.937  
2 Laura Roadcap / Emory / 66.562  
3 Hannah Matrangola / Moonshine / 60.625  
HC Hannah Matrangola / Moonshine / 61.875

Class 5
1 Michael Neschis / Smoky Cody 288 / 66.087  
2 Michael Neschis / Smoky Cody / 63.750

PVDA Schooling Show  
October 13, 2018 • Schooley Mill V • Highland, MD

A big thank you to all the volunteers who came out to help on this crazy sunny/rainy/windy fall day! Also, thank you to everyone who entered the Costume Class! All of the costumes were amazing!

Jr/YR Division High Scores and Reserve High Scores:
Introductory Level: Champion *Madeline Guthier and Reserve Champion Jaelyn Cecere
Training Level: Champion Madeline Guthier
Leadline: Champion Jack Park and Reserve Champion Evelyn McGeeney

*Show High Scores

October Costume Class
Colton Trainium / Sil-sations Spirit  64.688%  
Jack Parks / Mr. Pickles  64.688%  
Jaelyn Cecere / Gorby / 63.750%  
Diane Mukherjee / Tiger Lily  68.125%  
Maja Cornwell / Wolkenzana / 63.000%

AA Intro Test A & B Combined
1 Maya Norton / Lucy / 66.563%  
2 Diane Yateam / Lunar Illusion / 66.250%  
3 Diane Yateam / Lunar Illusion / 64.688%  
4 Maya Norton / Lucy / 63.750%

AA Intro A
2 Colton Trainium / Sil-sations Spirit / 64.688%  
3 Jaelyn Cecere / Gorby / 63.750%

AA Intro B and C Combined
1 Madeline Guthier / Tiger Lily / 68.125%  
2 Jaelyn Cecere / Gorby / 65.625%  
3 Maja Cornwell / Wolkenzana / 63.000%

AA Intro Test A & B Combined
1 Maya Norton / Lucy / 66.563%  
2 Diane Yateam / Lunar Illusion / 66.250%  
3 Diane Yateam / Lunar Illusion / 64.688%  
4 Maya Norton / Lucy / 63.750%

AA/Open Training Levels Combined
1 Karen Colbert / Lady’s Man / 66.522%  
4 Julie Bigham / Accomplice / 62.955%  
2 Julie Bigham / Accomplice / 61.731%  
3 Karen Colbert / Lady’s Man / 61.154%

AA/Open First Level Combined
1 Samantha Smith / Brumbalina / 65.938%  
2 Jennifer Neemann / Golden Safira+++ / 65.781%  
3 Jennifer Neemann / Golden Safira+++ / 64.559%  
4 Jennifer Neemann / Golden Safira+++ / 63.704%  
5 Samantha Smith / Brumbalina / 62.794%

See you at the Annual Awards Dinner on January 12 at the Sheraton in Columbia!
Have you marked your calendar?

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From goat yoga to Grand Prix, my winter in Florida was a blast. For those of you on a budget, I’m here to let you know that wintering in Florida is not out of reach. I explored it all—from free entertainment and affordable board to the obscenely expensive world of heiresses.

Board. If you live in an area where board is $300 per month (I want to know where you live), you will find yourself experiencing some sticker shock. If you are paying for board or full training in the D.C. Metropolitan Area, then you will find that you don’t necessarily have to pay any more than you currently pay per month. The standard options are full care or dry stall. I opted for a mix of the two and I was able to work this out with the barn owner. It is worth noting that this year’s winter season is quickly approaching and it will be easier to negotiate rates on both stabling and housing over the next few weeks. Dry stalls are usually priced under $1000, but you must buy all of your own feed, bedding, and hay. You will also be responsible for all of your horse’s care. It is important to do the math. Hay is very expensive in Florida because about two thirds of the hay used isn’t grown in state and since the grass has little to no nutritional value, you will need to supplement with more hay than you might have thought. I felt it was better to pay a flat rate than worry about the quality of hay that I could find and afford. Since I lived on property, I had time to care for my horse. Overall, this arrangement shaved a few hundred dollars off of my full care bill that was initially almost exactly what I pay in the D.C. area for board AND training. Keep in mind that training is unlikely to be included in your board.

Care. There are a number of things to consider with regards to care when your horse is in Florida. Allergies may be an issue, particularly when it starts to get hot. Many horses will have weepy eyes, but I also came across a few with severe skin irritation and I know of at least one horse that cannot tolerate the summers in South Florida and must be shipped north for the hottest months. I bought my horse in Wellington, so I had some idea of how he would tolerate the winter there, but even still, he experienced some mild allergy symptoms, so don’t be surprised if you run into this particular issue.

Fly prevention is also very important. It does seem that certain farms struggle more than others in Florida. My horse really didn’t have an issue, but be sure to ask the manager of the facility about their fly control system before you make your decision to board there. The farm continued on page 11
where I kept my horse had a spray system and a manure removal service that made a world of difference. You may consider starting your horse on a feed through supplement such as Solitude or Bug Off or plain garlic to give yourself some peace of mind. I would also advise that you buy fly spray and a fly sheet before you arrive because Florida prices are inflated. For the items I had no choice but to purchase once I arrived, I found that it was worth shopping around for the best price. My 17.1 hh Dutch Warmblood goes through a lot of grain and a few dollars can make a huge difference. Tractor Supply ended up having the best prices on grain and a number of other items.

There are a few things you should do before you leave for Florida and clipping is one of them. It is kinder to clip a horse and ship them part of the way in a blanket than it is to have them arrive overheated. Acclimatizing to the heat is already difficult for the horses, so clipping them ahead of time will make for a much more comfortable transition. Be sure to keep an eye on your horse’s temperature for a few days after they arrive and be on the lookout for signs of shipping fever.

Shipping. I have written about this at length on my blog, but I will share my experience with long distance shipping on this particular occasion. Living in Maryland makes it easy to find a shipper because there are many scheduled trips up and down the east coast throughout the year. I knew it would be a long trip, but it took 25 hours for my horse to arrive. When he did finally arrive, it was hours after his scheduled arrival time and I hadn’t heard anything from the drivers for the entirety of the trip. Having had similar experiences with other shipping companies in the past, I was probably not as irritated as I should have been. My horse is a good traveler, but I was grateful that I chose to ship him in a box stall and start him on Ulcergard before he left.

I chose Holly Hill Transport for the trip back and they were able to give me a firm date weeks before where the other company only confirmed the day before. When it seemed like they might not be able to deliver due to inclement weather up north, they sent a rig from JR Hudson and my horse was picked up right on time. Their price was more than fair and they gave me an accurate estimate of shipping times. My horse arrived home 18 hours later. I even passed him on the way and he managed to stick his nose out the window like an absolute goober (I expect nothing less from him). Bottom line: do your research on shippers. My research to date has been trial and error and at this point I have used many of the major companies. In my opinion, Holly Hill and JR Hudson provided the best service.

As for human transportation, you will definitely need a car in Florida. I drove my car down, but an alternative is to ship your car from D.C. to Orlando on the Auto Train. You can get a ticket for yourself and then simply get off the train in Orlando and drive the 2.5 hours to Wellington. I have heard very good things about the Auto Train and I am seriously considering it as an option in the future.

Competition. Competing in Florida is expensive. To compete at the national dressage shows at Global costs more than twice what I would pay to compete in the D.C. area. However, the show grounds are a great place to get your horse used to the atmosphere of larger venues. There are weekly schooling shows at White Fences for riders that need a quieter and less expensive experience. As many of you will consider boarding in White Fences, you should note that Global is about 20 minutes away. Even if you don’t plan on showing, it is good to know how long it will take to get to the weekend entertainment, but more on that later.

Housing. I found last-minute housing through a Facebook group and it worked out that I was able to make arrangements to board my horse on property. Many of the Facebook groups focus solely on stabling, so I created a group specifically for housing called Wellington.
Seasonal Housing. Facebook isn’t a bad way to go if you feel comfortable with that and your housing needs are uncomplicated. I only needed one bedroom and the ability to bring my dog. If you have more complicated needs for your housing, than it is a good idea to reach out to a Realtor. I have found that rental listings are not always kept up-to-date, so a Realtor will be a helpful ally in your search.

Entertainment. During season, there is plenty to do in Wellington. On Friday nights, you can catch the dressage freestyles at Global. The parking is $10.00, but the event is free. Saturday night entertainment is just across the street at the Palm Beach International Equestrian Center where you can watch the top show jumpers compete for big purses and in charity events. You’ll want to get there early to find a good seat and there is free parking and a shuttle at Global for those who don’t want to pay to park. There is plenty of food at the venue and the kettle corn is addictive, but you will find that all of the locals will bring a cooler filled with goodies from Publix. If you’re feeling fancy, head over to the International Polo Club on Sunday to watch a polo tournament. You can buy a meal or just wait until they give out champagne and ice cream on the field. Be sure to stay abreast of any clinics taking place because there will be many and we were lucky enough to take in a last-minute clinic with Carl Hester.

All of these events are inexpensive and fun, but you may decide you could do without laying eyes on a horse for a while, in which case, there are plenty of other things to check out in and around Wellington. The beach is never far away and the South Florida Fair is in West Palm in January. Lion Country Safari is fun for those of you with children and (for those without) a day trip to Miami or Orlando is a nice change of pace. I certainly can’t forget to mention my experience with Downward Goat. I happened to stay with the couple that runs this business and I was invited to participate. On a sunny morning, I unrolled my yoga mat surrounded by goats. In attendance, there were yogis of all levels and a few participants chose to simply interact with the goats. I can’t lie—it was relaxing. A wonderful instructor and the presence of those funny little creatures is enough to make you forget the outside world for a little while. You can find Downward Goat classes all around town.

Shopping. Where to begin? If you were hoping to try a new brand of tack, apparel, or feed, know that you can find it all in Wellington. The show grounds are home to many vendors and the most popular tack store in town, the Tackeria, is just across the street. On Course Consignment is an excellent equestrian consignment shop for the thrifty rider. For non-equestrian shopping, you will find high-end shops in West Palm Beach. Pro tip: the thrift stores in West Palm Beach are amazing and golf polos work really well for riding.

In terms of weekly grocery shopping, I did miss Wegman’s when I was in Florida, but I have to say that Publix is a worthy substitute. Their chicken tender subs are legendary and they sell fresh empanadas and croquettes in the bakery section. Don’t forget to stock up the cooler before the weekend events!

Dining. Favorites include Don Ramon’s Cuban restaurant, Gabriel’s for brunch, Agliolio’s for Italian, Casa Tequila for Mexican, and Moon Thai and Japanese. There are also many places to eat in West Palm Beach. I love sushi and while Sushi Moto is a good choice, I also really like Sushi Fan. Morgan’s Country Kitchen is a really great alternative for brunch. It is in an industrial park so don’t worry, you’re in the right place. There will likely be a wait, but it won’t be long. If you like a ham and biscuits type of breakfast, then this is the place to go. If you need dessert, then Loxahatchee Ice Cream and Coffee is a few miles up Seminole Pratt Whitney Road. Bring a friend because the sundaes are huge!

Wintering in Florida was an experience I will never forget and one that I am highly likely to repeat. Cost is often a concern, but ultimately, the expense of your trip will depend on your reasons for going in the first place. If you want to be in full training and compete, then you can expect to pay a pretty penny. If you simply want to get out of the cold weather and ride, you can certainly find a way to do so without breaking the bank.

Sarah is a licensed Realtor with Keller Williams in both Maryland and Palm Beach County, Florida.
**OCTOBER 2018 PVDA BOARD MEETING #591**

**ATTENDANCE**

Board Members Present: Lynn Adams, Nancy Bowlus, Camilla Cornwell, Carolyn Del Grosso, Wendy Emblin, Liz Erwin, Susan Stone, and Linda Speer

Board Members Absent (Excused): Mimi Mack

Members at Large: Kyle Peiffer, Hannah Ong, and Lydia Wainwright

**OLD BUSINESS:** Minutes from Sept. 2018 were approved.

**COMMITTEE REPORTS**

**Finance:** Deposits sent to PG for Chapter Challenge and Fall Show. Current balance: PayPal - $6,605.02, General - $16,621.48, Schooling Show Fund - $7,086.60, CDs - $9,544.84, Chapter Funds - $21,504.80 Total = $61,362.74.

**Fundraising:** Mimi presented a list of potential lesson lottery trainers.

**Committee Reports**

**Minutes from Sept. 2018 were approved.**

**Old Business:** Minutes from Sept. 2018 were approved.

**Committee Reports**

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**Fundraising:** Mimi presented a list of potential lesson lottery trainers.

**Governance:** We received three bios for BOD. Ashley may submit one, Kaaren Staveteig wants to help with scores. Karen Colbert and Sarah Yaraslaski are possibilities.

**Membership:** We currently have 567 members. Jr numbers are way down, perhaps doing eventing or hunters. Have had 2 members question why refunds are not granted when someone scratches. Recommended adding an article to the newsletter to explain.

**Newsletter:** Newsletter: The October newsletter will go out in the next week or so and include results from Waredaca. We’ve continued to receive great feedback from members about the newsletter and we’re excited to add a series of articles from Young Rider Hannah Irons focusing on the Young Rider International Dream Program at CHIO Aachen. Please continue to submit articles, photos, and ads.

**Riders:** Jr/YR - UU

**Schooling Shows:**

Oak Ridge II on 9/15 had 34 rides. Footing did well after all the rain! Schooley Mill show on 9/22 had 55 rides. Alzheimer’s Benefit was a success. Raised $2000 plus proceeds from the show. Preston II on 9/30 had 34 rides and positive feedback all around. Planning underway for 2019 season.

**Special Events:**

Plans for the awards dinner are ongoing. Annual Meeting (required by USDf to happen before Nov 30) used to coincide with awards dinner. Not possible unless we do the dinner in November. Difficult with Chapter Challenge, Fall Show, and Thanksgiving. We need to make an effort to have members attend annual meeting, party at Chapter Challenge? Expenses to cater, maybe in Upper Marlboro at Calvert Brewing Company. This year meeting is the Monday after Chapter Challenge. Advertise awards dinner: music, dancing!

**Volunteers:**

Bridget Dellar is the volunteer coordinator for the fall show!

**Website:**

New site data mapping of current members is underway. Committee members should check “their” pages. Everyone is able to edit their own content, if you need help contact Christina. Discussed changing from PayPal to BluePay, currently remaining with PayPal. BluePay is slightly cheaper and would allow auto renewals and recurring donations. Signed up for Amazon Smile!

**New Business:**

Natalie Lamping is petitioning USDf to add a division to allow posting for trot lengthening to help comfort of horse and rider (due to age, injury, etc.) Would be a TOC class, she needs people to pilot it at schooling shows, call the division “Sit No More”. If successful she would take it to USDf. All in favor, will add to schooling shows for 2019.
Potomac Valley Dressage Association Membership Application 2019

PVDA is a USDF Group Member Organization (GMO) and PVDA members are automatically USDF Group Members.

THE PVDA MEMBERSHIP YEAR RUNS FROM JANUARY 1 THROUGH DECEMBER 31.

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I would like to volunteer:

- □ Anything
- □ Education
- □ Newsletter
- □ Show (General)
- □ Show Manager
- □ Scribe
- □ Ride for Life
- □ Marketing
- □ Computer
- □ Other

I would like to donate toward:

- Year End Trophy Fund:
- PVDA Ride for Life:

Mail completed application with check made payable to PVDA to:

Liz Erwin, PVDA Membership
16816 Norbrook Drive
Olney, MD 20832
membership@pvda.org
301.924.5970

* Birthdates are REQUIRED for Jr/YR & Senior Memberships.
Login at PVDA.org to update your profile/information.

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**Publication Deadlines**

The PVDA Newsletter is published monthly by the Potomac Valley Dressage Association. The deadline for submissions is the 5th of the month preceding publication.

NEXT ISSUE: October 2018; DEADLINE: September 5; DISTRIBUTION: October 2018

Send 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 Norbrook Drive, Olney, MD 20832; 301-924-5970)
- PVDA Web Site: www.pvda.org

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**New Lower Rates!**

Advertise in the PVDA Newsletter!
editor@pvda.org for information

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scribes her experience with Alzheimer’s as a “dreadful experience.” Catherine wants people to be aware of how Alzheimer’s is a very serious illness, and “when it does attack is a vicious and ugly disease.” Since Alzheimer’s can be especially hard on caregivers, Catherine hopes that people will also consider donating to help caregivers of Alzheimer’s patients who need help coping both physically and financially.

PVDA’s decision to designate Alzheimer’s Association as a PVDA charitable cause was clearly an understandable choice. Alzheimer’s is a devastating disease that has affected so many within the PVDA family and the local dressage community. While some donations are still coming in with over 25 riders showing, over $2,000 in donations were raised and about $800.00 in additional proceeds will be donated, the September 22nd PVDA schooling show also clearly demonstrated how Alzheimer’s is on the forefront of everyone’s mind. PVDA and those affected by Alzheimer’s hope to continue to increase awareness of this devastating disease in hopes of someday finding a cure.

To learn more about Alzheimer’s disease, visit Alzheimer’s Association at https://www.alz.org

Lynn Adams & Falcor

Maja Cornwell & Wolkenzana 121

Colton Trainum & Gorby with judge Trish DeRosa

Pam Deem-Hergan & No Patience Here

Photos by Vickie M Kirkpatrick
You're Invited!

Please join us at the 2018 PVDA Awards Banquet

Saturday, January 12, 2019
Sheraton
Columbia Town Center

New! DJ and dancing after awards!

Silent Auction
Chapter Basket Raffle
50/50 Drawing

Registration will be in the December newsletter and available on-line at pvda.org
Or, register early: mimimack58@comcast.net