PVDA’s Show Season Is Finally Here!

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We had a great time at the Tea Is for Training held at the Chesapeake Dressage Institute. There is a lovely older restored mansion that was made available to us with plenty of classroom space and a large area for our food and tea. A new feature this year was Mary Sue McCarthy’s special talk on how to manage conflict. This information will be especially helpful to everyone during the stress of the show season. Thank you so much to Board member Jackie Sicoli for organizing the event; it’s a huge accomplishment. It was so nice to see everyone there.

Another new feature this year for the Tea was that it was approved for USDF University credits. There has never been a better deal than the USDF University pro-

Connect with PVDA via Social Media!

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Get updates on local, national and international dressage events including entry reminders!

Share and tag photos and videos.

Participate in contests and promos!
Tweet us with #PVDAmedia for a chance to get your photo on the page background!

facebook.com/PVDARideForLife
facebook.com/PVDANews

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The President’s Window

By Jocelyn Pearson president@pvda.org

Continued on page 14
CATOCTIN

The Catoctin Chapter met at 7 p.m., February 21, 2013, at Leslie’s house.

Education Program:
Dona presented recent changes on the USDA regulations for the interstate transport of horses. See http://www.aphis.usda.gov/import_export/animals/animal_import/animal_imports_states.shtml for details (click on link for each state). Horses now must have paperwork with identifying characteristics. A Coggins report can do this; however, a health certificate may be necessary. In lieu of this, there is discussion of a 6-month “passport” that could be used. There is a lot of confusion and lots to be worked out. If you are crossing a state line for a show, clinic, etc., check with management to find out their requirements.

Old Business:

Fix-a-Test with Aviva Nebesky: We are having a Fix-a-Test clinic with Aviva Nebesky on April 20 at Plantation Valley Stables, Middletown, Md. The clinic is open to non-chapter members, particularly PVS boarders.

Chapter Trifold/Flier: Leslie developed a chapter trifold for use in the chapter’s new membership campaign. Leslie will print the trifold for mailing and Dona will print the trifold for placement in tack shops, stores, shows, etc.

Blankets for Days End Farm: Nancy delivered 4 blankets to Days End Farm. They sent her a lovely thank you letter. Nancy noted that Days End Farm has a shop in which they sell donated items. If anyone has anything that a shop could sell, Days End could use it.

Pet Food Donations: Debbie delivered many bags of pet food to the Frederick County Animal Control. The shelter was delighted. They noted they have more cats than dogs so we may want to provide more cat food than dog food in the future.

New Business:

Limo Trip: There was enthusiasm to schedule a limo trip for the Stephan Peters clinic at Hassler Dressage September 7 or 8. Stephanie will organize this activity.

Meeting Activity: We watched the USDF “On the Levels” DVDs (Training, First, and Second Levels). The DVDs have judge comments and scores as well as trainer comments. This is a valuable series of DVDs.

Next meeting: The next meeting is March 21 at The Diner restaurant in Myersville, Md. The Catoctin Chapter welcomes new members at any time. Contact Debbie Lomb (DebbieLomb@hotmail.com) for more information.

Chapter News continued next page
MT. HARMONY DRILL

Riding with Mountain Harmony Drill

By Karen Metcalfe

The first time that I met Janet and David Geyer from Celebration Farm at a PVDA Schooling Show they invited me to join them for a Friday evening quadrille practice with Mountain Harmony Drill (MHD). This winter I took them up on their offer and I am very much enjoying riding with MHD and learning about quadrille. A description of quadrille is posted on the USDF website:

Quadrille is most simply defined as team riding. The most famous, readily identifiable quadrilles are those of the Spanish Riding School, the Cadre Noir and the Royal Canadian Mounted Police.

Although quadrille has been performed as an equestrian pageant since the Baroque period, it has become a competitive sport in this country only recently. Competitive teams of four riders perform both compulsory and musical freestyle routines. It is an activity suitable to persons of all ages, including youth groups such as 4-H and Pony Club.

MHD practices every Friday at 6:30 p.m. at Celebration Farm. A typical practice session begins with a warm-up followed by practicing new or challenging movements before continuing work on a routine. As indicated in the USDF description above, MHD members include riders from a variety of disciplines spanning a broad age range (from 13-53+). One of the MHD member’s even rode Bareback Broncos in Rodeos. Imagine that, from buck-outs to dressage. Our team includes horses from multiple breeds and mixes including Warmbloods, Friesians, Thoroughbreds, Paints, Appaloosas and Quarter Horses. Quadrille provides us a unique and fun opportunity to learn dressage movements while working together as a team by developing and practicing a routine. The team is currently practicing a freestyle routine to be ridden in an upcoming schooling show.

MHD is open to all PVDA members. If you are interested in learning more or would like to check out a practice or would like assistance in setting up your own drill team, please contact:

David Geyer, David@pedestal-events.com
(443) 745-6766 or
Karl Schreder, schreder@comcast.net (301) 418-0584

CLARKSVILLE

Clarksville PVDA Chapter Schooling Show at Stonebrook Farm

February 17, 2013 with Judge Jennifer Moran

Class 1: USDF Introductory Level Test A and B
1. Elizabeth Espinosa/RM Haley/Intro B/66.25
2. Laura Ryan/Calm in the Storm/Intro B/65.32
3. Laura Ryan/Calm in the Storm/Intro A/64.06
4. Christian Doring/Professor Roscoe/Intro B/61.88
5. Renee Stone/ES Athena/Intro B/53.75

Class 2: USDF Introductory Level Test C
1. Elizabeth Espinosa/RM Haley/62.75
2. Christian Doring/Professor Roscoe/54.50
3. Renee Stone/ES Athena/51.50

Class 3: USDF Training Level Test 1
1. Whitney Johnson/Leo/66.25
2. April Tennyson/Arthur/61.46
3. Jennifer Kenel/Venus/56.04

Class 4: USDF Training Level Test 2
1. Whitney Johnson/Leo/70.71
2. Annabel Winters-McCabe/Gorbachev/64.11
3. Jennifer Kenel/Venus/56.79
4. Mary Davenport/Calm in the Storm/55.54

Class 5: USDF Training Level Test 3
1. Annabel Winters-McCabe/Gorbachev/68.20
2. Patty Blanchard/Thomas/58.80
3. Jennifer Gentile/Liam/57.60
4. Casey Minar/Arthur/54.60

Class 6: USDF First Level Test 1 and 2
1. Zoe Witte/Cordelius/First 1/62.76
2. Candace Snell/Buster/First 1/62.76
3. Jennifer Gentile/Liam/First 1/60.17
4. Zoe Witte/Cordelius/First 2/60.00
5. Samantha Smith/Aurion/First 2/59.86

Class 7: USDF First Level Test 3 and
Second Level Test 1
1. Ninja Nissen/Resplendent/Second 1/61.86
2. Samantha Smith/Aurion/First 3/57.90

Class 8: USEF Beginner Novice Eventing Test A and USEF Training Test A and B
1. Jessica Schaberg/Seattle’s Rugged Star/Training A/69.09
2. Jessica Schaberg/Seattle’s Rugged Star/Training B/63.64
3. Mary Davenport/Calm in the Storm/Beg Nov A/61.00

Class 8: USEF Pas de Deux
1. Whitney Johnson/Leo/Pas de Deux/81.50
   Candace Snell/Buster/Pas de Deux

Many thanks to show manager Camilla Cornwell, farm owner Linda Speer for donating her facilities, and the many volunteers who made this show possible.
The USDF in partnership with DressageTrainingOnline.com is pleased to announce new and exciting opportunities available exclusively to USDF members!

- **1 Free Month of Membership to DressageTrainingOnline.com** to current USDF members. This offer is for new or renewing members to DTO. Please use code **USDFFreeQ1** in the Apply Discount Code field, found on the DressageTrainingOnline.com/Membership page. *Offer expires 3/23/2013*

- **25% discount off all membership types on DressageTrainingOnline.com for current USDF members.** Please use code **95122013** in the Apply Discount Code field, found on the DressageTrainingOnline.com/Membership page.

- **1 Free Personal Academy session for current USDF members and active DTO members.** No code required, simply have yourself filmed during a schooling session or ride a test at home to receive audio synched coaching or have a test judged, from one of our participating trainers or judges, after uploading your video into our Personal Academy section of DressageTrainingOnline.com. **Click Here.**

*Discounts are able to be combined and are applicable on 1, 6 and 12 month memberships! Act now and get a jumpstart on your show season!

PVDA members may also sign up by using the link on the PVDA Website home page, www.pvda.org. The PVDA will get 25% of the monthly commission each month AND 25% of a 6-month or 12-month membership if the PVDA member signs up from our site.
Movement Control Specialists

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to develop control of unintentional movement patterns that negatively affect the horse-rider partnership
to achieve dynamic equilibrium with their horse

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Does your left leg feel shorter than your right or nonexistent? Do you hold your breath or clench your jaw while you ride?

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Lilla Marhefka, PhD, HFS, CPT, CES, CSCS Lilla@MovementControlSpecialists.com
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Saturday, June 15th and Sunday, June 16th 2013
www.ckdressage.com for information about Courtney

Location: Good News Stable, Inc., 16700 Barnesville Road, Boyds, MD 20841

CONTACT Judi Coyne: email: Judicoyne@comcast.net Phone: 301-305-2424

- $250/per ride - $500.00 for weekend – includes 45 minute private lesson and lunch – also, daily participating riders will have a 30 minute Q & A with Courtney during lunch breaks
- Auditors are welcome! $25 per day / $50 for both days (pre-registered w/payment) OR $35.00 per day at the door - Please bring your own chair, lunch and snacks or go out for lunch 😊 list of local lunch restaurants will be provided
- Limited Stabling: $65.00 @ Day/night (includes bedding/mucking/watering/feeding rider provided grain, hay and supplements) or Day stall for $35.00 (while clinic is going on – self care, bedding provided)

For more information: email – judicoyne@comcast.net or phone: 301-305-2424

Sport Horse In-Hand
& Dressage Schooling Show

Saturday, 11 May 2013
Plantation Valley Stables, 1801 Mountain Church Road, Middletown, MD
Opening Date: 8 April 2013 Closing Date: 2 May 2013

Judge: Trisha DeRosa
Show Arena: Indoor with excellent footing

Sport Horse In-Hand Classes: Yearling, 2 & 3 Year Olds, 4 & Older, Mares, Geldings, Novice Horse or Novice Handler

Dressage Classes: USEF Introductory Level A-C, USEF Training Level 1-3, USEF First Level 1-3, USEF Second/Third/Fourth Level TOC, and FEI TOC

The show will follow USDF and USEF rules.

For further information, prize list, and entry form contact the Show Secretary: Debra Peebles at Windwood3@aol.com

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In Memoriam

Ann Hosmer, Dedicated PVDA Volunteer

It is with sorrow that the PVDA notes the passing of member Ann Hosmer on February 27, 2013. Ann was a dedicated volunteer who supported many PVDA events, but particularly supported the Ride for Life for the last six years, most often in the capacity of volunteer coordinator.

Despite her own battle with cancer, Ann was constantly on the go and giving. She created the Power Excell Foundation which provided training to former convicted offenders and dedicated to their successful reintegration into society and the workplace. Her professional experience included over 15 years of teaching in three Maryland school systems, 18 years in the private practice of financial services, 23 years directing her non-profit organization, and over a decade delivering workshops to educators, non-profits and businesses. Much of her work in recent years was centered upon the design and presentation of programs for ex-offenders in pro-social communication, and work place readiness.

Ann held an M.A. from the University of Northern Colorado, a B.A. from Washington College, and a CLU from the American College.

An enthusiastic horsewoman, Ann still found time, with all of her career and charitable efforts, to ride and train her horse “Blue.” Her dedication to the PVDA and constant, patient cheerfulness will be greatly missed. She is survived by her sister Robin Tardo of Sutter Creek, California, as well as a cousin.

The PVDA intends to honor her by encouraging those who were touched by her life to donate whatever they can (suggested minimum donation $25) to fund a memorial sponsorship of First Level at the 2013 PVDA Ride for Life. The goal is $1000, to help sponsor the event and continue Ann’s fight against this disease in a way we think she would have appreciated. An acknowledgment and photo will appear in the 2013 Ride for Life Program if this effort is successful. Donations towards the sponsorship may be sent c/o PVDA Treasurer Carolyn Del Grosso, 17913 Cashell Rd., Olney, MD 20832. Please make checks payable to PVDA and note on the check or in an accompanying note that this is for the “Ann Hosmer Memorial Sponsorship.”

photo by Jocelyn Pearson
Meet a Member

Lydia Wainwright, PVDA Member and Acupuncturist

By Leslie Ann Harrelson

Name and Birthplace: Lydia Wainwright, Manhattan, New York

Education: Masters Degree in Acupuncture. Licensed people acupuncturist and Certified Animal Acupuncturist.

Equine Accomplishments: I have trained one horse to Intermediate level eventing and several to Preliminary. I have also trained a couple of horses to Third Level dressage.

How did you first get into riding? My first time on a horse was June 30, 1979, at summer camp. Something happened that day—I realized that I had found my “thing” and my life would never be the same. It hasn't!

Which horse have you ridden the longest? My Intermediate horse, Cat (aka “Keep N Mind”), an Appendix QH. I bought him as a “project” just before he turned four. He had already been a racehorse and a barrel racing horse and eventually became a pretty solid Second Level horse and Intermediate eventer.

What equestrian disciplines have you participated in? Eventing, dressage, trail riding, fox hunting, hunters, jumpers, barrel racing, gymkhanas, vaulting, pony club. My all-time favorite is eventing, but dressage has been a close second for many years.

What Grand Prix horse would you like to ride? Rembrandt, the most fantastic dressage horse of all time. One of the naughtiest as well. I adore naughty horses (or I wouldn't have my mare now!).

What is your most memorable horse experience? I have many that come from my private practice as an acupuncturist. I have worked on horses that were virtually unrideable and helped them become happily competitive in dressage. It's the greatest feeling to be able to help these amazing creatures.

What is your favorite dressage show? PVDA at CDI, and not just because I manage it every year! It's a fantastic facility with great footing and everything very close together. Plus THREE bathrooms. Real bathrooms.

What is the one thing you would change about the equestrian industry? The cost of horse ownership and riding so more people would have the opportunity to have their lives changed as I have with mine.

How have you volunteered for PVDA? I manage the Chesapeake Dressage Institute show every summer, and do pretty much anything at Ride For Life and other schooling shows.

What is your favorite volunteer task? Managing, because I can create something that people really enjoy. Scoring is a close second though—it's either RIGHT or WRONG which is quite refreshing in a sport that can have so many shades of gray.

What is the most important lesson you learned the hard way? First, the harder path usually doesn't lead to anything better. The easier route is okay to take a lot of the time. Second, God created Dressage for masochistic perfectionists so we will always have something to do, enjoy, and torture ourselves with.

What is the best advice you have ever received? Karl Mikolka once told me, “If you are going to make a mistake, then make a BIG mistake. Make one you learn from. Make one you will remember.”

What is the most daring thing you have ever done? I had no idea how daring it was at the time. When I was 19, Cat and I would jump off an 11-foot cliff into a creek...bareback...with no helmet....
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FREESTYLE SCHOOLING SHOW

GRAND PRIX DEMONSTRATION BY
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- CLASSES AVAILABLE FOR ALL LEVELS
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- WORK ON YOUR EXISTING FREESTYLE
- START A NEW FREESTYLE
- DEMONSTRATION OF PROCESS
- AUDITORS WELCOME

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APRIL 20–21, 2013

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FOR PRIZE LIST AND SHOW INFORMATION, CALL 301–873–3573
Horses for Sale
- Prem. mare by Flemmingh, 6 yrs, spectacular, scored 8.2 for movement at inspection. Absolute FEI prosp., starting changes. Natural uphill balance, light and sensitive. Had a super foal, fully vetted w/clean xrays, Janna Dyer 301-271-1961 or email janna@darkhorsestables.com
- Han. bay mare by Regazzoni, 8 yrs, 15.3H, prof. trained and ready to show 2nd level or teach you. Sane, sensible, friendly and people-oriented. Very easy to sit, and laterally supple. She bathes, clips w/o drugs, loads, easy to handle and has no vices. Loves to be ridden outside. We are reducing our herd so this is a great oppoty at $17,500 to own a nice, pretty, correctly trained horse with exc. bloodlines. Phyllis Svendsen, 410-259-0480 or email: psvendsen@yahoo.com
- TB ches. geld., very sweet and willing partner. Stands for vet and farrier, crossties, trail rides, trailers, sound. Some prof. training. Owners: >10 yrs and must sell; too many horses, not enough time, and dau. in college. Handled and ridden often, but has not been in training or competed for 4 yrs so needs a little brush up basics. Farm has exc. facilities and friendly, supportive atmosphere. One lesson a week w/resident trainer req. Cass Foley, 301-963-6367
- Irish TB gray mare, 11 yrs, 15.2H, very sweet, stands for farrier, vet, grooming, bought for a 13 years old who is now in college. Never competed, no vices, Training Level Eventing, good in dressage with floating gaits. Loves to jump and great on trail rides. Good home a must. All blankets included in sale. Bénédicte Greenberg, 410-336-5860 or email: benedicte1@aol.com
- 1) ’07 Morgan bay geld., 15.2H enthusiastic, athletic & smart. Bold w/a good mind and work ethic. 2) ’06 Morgan bay mare, 15H, sweet, steady and wants to please. Lovely, quiet and solid. Both trained in hand as youngsters, started slowly u/s, and in training at Sugarloaf Eq. Ctr. since mid-Nov. Both horses are going well w/US/TC and starting leg yield. With consistent work, they will be ready to show this Spring. Located in Boyds, MD. Other stock for sale. CeAnn Shipley, 301-972-1207 or Cathy Echternach, 301-704-4356
- Horse for lease or sale: 15.2h 14yo bay DrafT mare, has shown 2nd level but been on vacation for several yrs. Active and light to ride. Can board at cur. location in Upper Marlboro with ind. arena or move to approved location. Judy Strohmaier, 301-627-3918 or email: flyingchange@netzero.net

Horses for Lease
- Wonderful and kind SWB avail. to lease 2 days/ wk. for $200/mo. or 3 days/wk for $300 at Periwinkle Farm LLC in Spencerville, MD in SE Montg. Co., off Rts 198 and NH Ave. Owner earned Bronze medal on him, presently doing training and 1st level dressage, and does lateral work well. LuAnne Levens, 301-421-1252 or email: LKLlevens@gmac.com or see: www.pericrinklefarmllc.com
- Half lease of TB geld. who is well-mannered, reliable and a willing training partner. Scores in the 70s for Training Level at licensed shows. Stabled at Stonebrook Farm in Clarksville, MD. $300/mo. Candace Snell 484-788-3361 or email: CandaceSnell@aol.com
- Half lease avail. at Moon Rising Farm in Boyds, MD ($375/mo. 3 days/wk.) of 16 yr. old, 16.2H, TB geld. Wonderful, kind, low level dressage horse that loves trail riding, too. Very well trained and a patient, forgiving teacher. Great for the intermed. rider who wants to work on learning and confirming dressage basics. Farm has exc. facilities and friendly, supportive arena. One lesson a week w/resident trainer req. LuAnne Levens, 301-421-1252 or email: LKLlevens@gmac.com

Equipment for Sale
- 1) Horse size blk. Solstice flash bridle, used 1x, $95 2) 24" Lettia girth, $50 3) 28" Contourd blk. leather girth 4) 26" used Ovation contoured girth, $20 5) 24" unused Ovation contour girth, $35 6) 26" Nunn Finer balance leather girth, $75 7) 76" Bit of Britain unused t/o blanket 8) Several show coats for tall thin rider; Black wool ($80), blue ($50), blk. ($50), Jacki Holland, 540-338-4506 or email: hollandjacki8@gmail.com
- 17" County Perfection dressage saddle, wide tree, in perfect condition, only 1 year old. $3,750 (new cost $4,975), Mary May, 301-598-5987 or email: mefmay@verizon.net
- 17.5" Amerigo blk. "Regular" model saddle, medium-wide tree, exquisite leather, used on one horse who is sadly retired, in exc. cond., $2,000, Tedi Lesniewski, 301-928-7279 or email: tedi@preferentfarm.com

Boarding
- Two stalls avail. at Roho’s Hideaway Farm loc. north of Westminster off of Rt. 97N. Conv. to Westminster, Gettysburg, Frederick and Balt. Quality care for your horse. Outdoor arena and trails. Owners

The Classifieds is available to PVDA members. Classified advertisements (unboxed ads) are confirmed via e-mail. Type or print your ship number. (The newsletter will not print your ship number.) Classifieds MUST be received the following month. Email classifieds@pvda.org

Shari Glickman, GoodNess Ridge Farm, 13979 Unionville Rd., Mt. Airy, MD 21771.

*MAY 2013 ISSUE CLASSIFIEDS DEADLINE IS APRIL 10, 2013*
Wanted
✦ Seeking half-lease of safe and calm dressage horse for 13 yo girl, 15H-15.3H to ride in reg. lessons and PVDA shows. Teen is curr. showing at Training Level and lives in Pasadena, MD so prefer to find a horse before the coming show season within 40 min. of home. Please contact Mom, Lisa Blakeney, 443-223-1992 or email: bla2@verizon.net
✦ USDF Silver Medalist dressage trainer looking for a barn or bank of 6-10 stalls from which to teach. One option might be to manage and teach in exchange, Linda McDowell, 410-758-8575
✦ Full-time asst. barn mgr wanted at a dressage/eventing barn in Poolesville area. Must have exp. and refs. Exc. work environ. at a sm. quality facility. Poss. stall and lessons in exch. for work. Duties incl: feeding, mucking, worming, turnout, and general barn/horse care. No housing. Sandi Baggett, 301-972-7347
✦ Want to buy stall drapes in good cond., Mary Stuart Smith, 717-968-4602 or email: mjsmith2@aol.com
The PVDA Newsletter

For the miniscule fee of $5, payable at the door, you can get a permanent record of your attendance and recognition of all those clinics and other educational forums you attend year after year. And, USDF approval means PVDA meets their high standards and qualification for a legitimate educational activity. The training manual alone is worth so much, and it’s all free to PVDA members.

By now you should have made plans for your first schooling show. April is always our big schooling show kick off month. Also, plan on entering the PVDA Annual Spring Show at Morven Park, the opening date is almost here! I just attended a really great Judges’ Roundtable Talk presented by VADA and hosted by Alison Head. The main purpose of the talk was to carefully review the new Rider Tests. The tests were written with the rider in mind. They are scored more like the young horse tests, not like a regular dressage test. If you really want to check your riding ability, try out the Second Level test; it’s not easy, but would really be fun. A good way to prepare for the tests would be for you and your friends to get together to call the tests to each other and make a tape. Let us know if you want help finding riding buddies.

As always, I am appealing to you to VOLUNTEER this year. As we learned at the Tea that we will need about 900 volunteers this year to handle everything we have planned. And, don’t forget... this is the PVDA RIDE FOR LIFE 10TH ANNIVERSARY year. If you happen to see Pat Artimovich around town, please thank her for her brave idea; look what we have now! Contact Mary Sue McCarthy to volunteer at volunteers@pvda.org

VOLUNTEER ONCE A YEAR! (or more). Contact me any time at 703-771-3231.

Jocelyn Pearson • PVDA president • president@pvda.org

PVDA Members stay active all winter long!

Left: Rick Jacob and Julio Mendoza. Photo by Christina Dale
Right: Jane Savoie and Jill Frumin. Photo provided by Shari Glickman.
April 2013

6-7 VADA Licensed Show at Morven Park. See www.vadanova.org
7 Schooling Show at Equilibrium Horse Center, Gambrills, Md. www.equilibriumhorse.com
12-14 Isabelle Von Neumann Clinic. Riding/Longeing Sessions for the rider's balance/seat and its' influence for communication with the horse. At Cedar Rowe Equestrian Center, Rocky Ridge, Md. Contact Dr. Linda Denniston, 301-447-6240 or crqr@aol.com or www.cedarrowe.com
13-14 Kathly Connelly Clinic at Goodness Ridge Farm. See www.goodnessridge.com or contact Shari Glickman at 301-351-5530.
14 Schooling Show Series at Celebration Farm. Judge Suzy Floyd. Contact Show Manager Susan Stone at 240-274-6661 or see www.celebration-farm.com
14 Show Time Clinic with Judy Whyte. Get Ready for the Show Season. Contact kellyrose.kerr@gmail.com
14 Sitting Trot Clinic at Dark Horse Dressage Stables, Rocky Ridge, Md. Contact 301-271-1961 or www.darkhorsestables.com
Beginners welcome!
20-21 Dance Into Spring Freestyle Schooling Show at Windcrest Farm, Clarksburg, Md. For information call 888-229-8975
24-28 Reem Acra FEI World Cup Dressage and Showjumping Final, Gothenburg, Sweden.
27 Mid-Atlantic Friesian Association Annual Show at Frying Pan Park in Herndon, Va. Contact Gail Aumiller at gailaumiller@gmail.com
27-28 Farah DeJohnette Horsemanship Clinic at Chesapeake Dressage Institute, Annapolis, Md. Visit www.fdhorsemanship.com
27-28 VADA-CH Spring Into Dressage Licensed Show. See www.usdfregion1.org

May

4-5 CDCTA Dressage at Morven Park, Licensed Show. See www.cdcta.com
4-5 Jan Brons Clinic at Chesapeake Dressage Institute, Annapolis, Md. Call 410-267-7174 or see www.chesapeakeadressage.com
11 Catoctin Chapter Show, Plantation Valley Stables, Middletown, Md. Opens April 8. Closes May 2. Dressage and sport horse in hand classes offered. Contact Debra Peebles, Show Chair, windwood3@aol.com
12 Schooling Show at Columbia Horse Center, Columbia, Md. Judge Betty Thorpe. Contact kmiska@mac.com
18-19 PVDA Annual Spring Show at Morven Park, Leesburg, Va. See www.pvda.org
24-26 CDI Allentown hosted by ESDCTA
31-June 2 Youth Team Competition South, hosted by NCDCTA in Raleigh, N.C.

June

8-9 Jan Brons Clinic at Chesapeake Dressage Institute, Annapolis, Md. Call 410-267-7174 or see www.chesapeakeadressage.com
10-11 NAJYRC Championships in Lexington, Ky. See www.usdfregion1.org
18 CDCTA Evening Schooling Show at Warrenton Show Grounds, Warrenton, Va. See www.cdcta.com
27-28 Youth Team Competition North, hosted by VADA at Morven Park, Leesburg, Va.

August

10-11 Jan Brons Clinic at Chesapeake Dressage Institute, Annapolis, Md. Call 410-267-7174 or see www.chesapeakeadressage.com
18-19 CDCTA Dressage at Glenwood (formerly Dressage at Foxcroft), Middleburg, Va. See www.cdcta.com

September

7-8 Jan Brons Clinic at Chesapeake Dressage Institute, Annapolis, Md. Call 410-267-7174 or see www.chesapeakeadressage.com
24-29 Dressage at Devon.

October

10-13 USEF National Dressage Championships, Lexington, Kentucky
12-13 Jan Brons Clinic at Chesapeake Dressage Institute, Annapolis, Md. Call 410-267-7174 or see www.chesapeakeadressage.com
17-20 USDF GAIG Regional Championships, hosted by VADA in Lexington, Va.
20 Chapter Challenge Prep Schooling Show at Oakridge Park, Hughesville, Md. $20 per ride. Opens September 1, Closes October 12. Judge Jocelyn Pearson. Contact christina@phyxinphotos.com or calvertpvda.smugmug.com/Shows
31-Nov. 3 BLM Championships hosted by NCDCTA in Williamston, N.C.

November

9-10 Jan Brons Clinic at Chesapeake Dressage Institute, Annapolis, Md. Call 410-267-7174 or see www.chesapeakeadressage.com
I would like to sincerely thank the members of the PVDA Bayside Chapter (Eastern Shore) for providing me with a scholarship that supplemented my payment for the 3-day "On Your Way to FEI" camp put on by DVCTA. The clinic was held at Jeanne McDonald’s Turning Point Farm in Pennsylvania and was sponsored by The Dressage Foundation, Equine Assist and by Fluid Motion Equine and Canine Massage. It was organized by DVTCA’s Ann Moss and by Jeanne McDonald.

This clinic, along with the Eiren Crawford clinic, put on by the Bayside Chapter earlier in the year, and combined with the regular instruction from my trainer, Becky Langwost Barlow, Preston, Md. (which provided me with the framework to be able to draw what I needed from these clinics) have really "bumped up my game" and is now really paying dividends with my two competition horses, Uno and Willow.

The "On Your Way to FEI" camp with Jeanne McDonald, an FEI "I" judge, and Sarah Geikie, a "C" judge as described in the brochure was designed to "give riders of all riding and experience levels excellent dressage instruction, and mentorship for developing correct 'basics' that will help to develop the horse towards the FEI levels."

This clinic was the perfect combination of instruction, lecture and discussion complemented by two terrific clinicians and a wonderful set of 10 dressage enthusiasts eager to enhance their knowledge. The clinic was busy, but well organized, with many volunteers available to answer your questions, get you a cold drink or hold a horse for a moment. The absolutely great thing about this clinic, which even the clinicians commented on, was the way our group of 10 got along, helped one another and supported each other. There were no egos in this group!

The first day began with a meet and greet at which point we were provided with our schedule and given a binder containing the Pyramid of Training diagram with several articles on collection as well as a notebook for note taking. That was followed by our first session of Yoga with Alyce T. Denver who just so happened to be the mother of one of the riders participating in the clinic! Here the focus was on breathing and centering your body’s balance. Alyce pointed out that breaths beginning in your belly vs. your chest was the goal since chest breathing is shallow and does not fully use the lungs’ capacity or assist in engaging that all important core.

The Training Scale

Before any of our rides began, we had a session to discuss the training pyramid. The following are some notes addressing each stage of the scale. Please note that what follows is NOT all encompassing. In some cases, we were all on the same page so we only touched briefly on some topics such as straightness, for example:

Rhythm:
- Regular activity of each gait (meaning the walk is 4 beats with the same interval of time and the same goes for the trot which is two beats with a period of suspension and canter which is three beats with a period of suspension)
  - Ideally the activity stays the same/is regular in both directions of lateral movements
  - Difference between rhythm, i.e. regularity of the beats in a gait vs. tempo i.e rate/speed of those beats. This is a source of confusion for many
  - The ideal horse’s gaits are regular like a metronome

Relaxation:
- Signs of: swinging tail and back, salivation, rhythmic snorting, soft eye, floppy ears

Connection:
- Often most difficult aspect of the training scale
- Forward is a state of mind, indicating a quick reaction is forthcoming
- Forward is a direction, not a speed!
  (The above may not seem related, but are actually pre-requisites for sufficient connection)

Breaths beginning in your belly rather than your chest was the goal, as chest breathing is shallow and does not fully use lung capacity or assist in engaging the all important core.
Impulsion:
- Self-propelled (but not fast/speed!)
- Air time
- The horse works as one “unit,” instead of energy escaping through the shoulder, for example
- Pushing power with supple and swinging back

Straightness:
- First position = horse is on 2 tracks with inside shoulder lined up with inside hind leg because the horse’s hips are wider than his shoulders.
- Bring shoulders in, to align w/hind; not hind with-shoulder
- Second position = also bringing outside hind leg more under horse’s center of gravity. This is for more advanced work.

Collection:
- Carrying power = suspension
- Collection is NOT slow motion!

At this point we had a very heated discussion on whether collection is always the same no matter what the level or does it vary according to the level with a more advanced horse showing a greater degree of collection?

Many of us pointed out that when you compare a Second level horse’s trot to that of a Grand Prix horse, even an untrained eye can discern a difference. But is this difference a product of collection or is it the culmination of thoroughness that has generated cadence?

Apparently this has been debated in very high circles and the reigning authority, Judge Stephen Clark says that collection is “whatever is needed to get the movement done with ease.” That being said, there are ingredients that make up collection and of course, it is the sum of the aforementioned parts. The horse should always track up, there should be the element of “throughness” ever present, i.e. completing the cycle of energy and always having adjustable balance (think as in a rubber band or an accordion).

Nutrition

At lunch, we were treated to a very informative lecture by Jenn Wrigley, CVT of the University of PA. School of Veterinary Medicine, New Bolton Center, on the maintenance and nutrition of the sport horse. I was unable to attend the full lecture because of stall cleaning duties and having to prep my horse to ride but what follows are some things I gleaned from the lecture.

Feed:
- When comparing feeds or looking at what to feed, look for the minimum amount that can be fed, because that tells you what you have to feed to get the amount of minerals, etc. contained in that feed. For example, if you have an easy keeper and you only feed 2 lbs. a day but the feed percentages are based on a minimum of 6 lbs. a day your horse will not be receiving the 6% fat it says on the label because that 6% is on 6 lbs. of feed vs. 2 lbs. of feed.
- Check out feed labels; if a form of sugar (dextrose for example) is listed first, do not feed it!
- A horse’s energy level from feed generally spikes 4 hours from feed time so ideally one keeps this in mind when showing so that your horse’s energy level is peaking around the time it is actually performing.
- Horses are more prone to ulcers when performing on empty stomachs.
- With regard to hydration at competition, soaking hay is beneficial but be sure to try it at home first to ensure horse will still partake.

Hydration
- Cool aid or Gator-aid can be used, but again make sure your horse is accustomed to it at home.
- If horse seems dehydrated, grazing is a great fix because grass is 80% water.
- With regard to bran mashes, it is nothing more than a treat because it actually contains LESS fiber than hay. Any laxative affect that is seemingly derived from it is caused by a disruption in the normal digestive process of the horse.
Letters to PVDA

Dear Michele Wellman (Membership Chair),

I hate to admit it BUT my birthday is (redacted!). I have been a continuing member of PVDA since the mid-1970s. I rode at the Potomac Horse Center when Betty Howett and Collette Stevens were running it!...you probably don’t even know who they were.... Col. Ed, Elizabeth Hellman, Kay Meredith, Linda Zang and her horse Fellow Traveler, Robert Dover, and HOSTS of other now prominent names were all regulars back in the day; it was quite the place to board and train! When Frank Harting owned the place all the Recognized dressage shows were there;

"KEEP UP THE GOOD WORK!"

many times with as many as five rings going constantly for three days! People hauled in from everywhere to show there. ANYWAY, had the dues not gone to $60.00 I would have never allowed my age to become public knowledge! Since these days I am a less active member although I still have my own horse, I keep him at home...riding now only in good weather and decent footing (since I have no indoor) it was a better fit for me to bite the bullet and do the Senior member thing to save the $15.00, yet still be able to get the newsletter and emails and know where the schooling shows are if I want to attend one.

I LOVE the newsletter format. It’s fun to keep up with everyone. The very BEST part to me are the classified ads and I am SO glad that the decision was made to keep sending it out in printed format. I can just imagine what a pain that is for someone to be doing. I know that is probably one reason the dues are up as well as the GMO thing with USDF.

During the late 1970s I was on the PVDA Board. I was Chairman of the Hospitality Committee (I was Suzanne Hughes in those days). What a THANKLESS job, maybe I was just lazy, but working full time, training and riding two horses and doing all the PVDA Board Member things was a bit too much for me, but I’m sure glad somebody does it! We members need to be very thankful for all the folks who keep the organization running. Really, many people have NO CLUE how much work it can be. I hope this answers your question—I appreciate all you do—I see your name mentioned often and know you work very hard for PVDA—keep up the good work and TROT ON!

—Suzanne Neal

Dear PVDA Members,

With show season quickly approaching I wanted to share a few interesting volunteer facts. Of PVDA’s 1200 members, 15% percent have volunteered to help us run our shows. That leaves 85% who have yet to enjoy the volunteer experience! It takes about 50 volunteers per day or 150 people to hold a three day show!

Did you know that 80% of PVDA’s revenue comes from shows? That is how we afford to donate to the Ride for Life, bring you first class clinicians, offer training scholarships, and pay for annual awards, show ribbons, and insurance.

We offer great volunteer thank yous which include a discount on showing, eligibility for year-end awards, scholarships, and a $10 discount at Dover Saddlery.

We are gearing up for the Ride for Life, June 22-23, 2013, for which we need 150 people. This is our important breast cancer fundraiser, so we are calling on everyone to consider donating 4 or 8 hours. It’s fun to be on the "inside" with others making it happen. Think about joining us! Email me at McCarthymarysue@gmail.com.

—Mary Sue McCarthy, CTM, CPE
PVDA Volunteer Committee Chair

PVDA Southern Maryland Chapter

Get a Leg Up on the Competition!

Fix-a-Test Clinic with Jaclyn Sicioli at Exalt Farm

April 28, 2013

PVDA Southern Maryland Chapter is hosting a fix-a-test clinic at Exalt Farm in Harwood, Md. Discounts for Southern Maryland chapter members, non-member fee is $50 for a 30 minute session with Jaclyn Sicioli. This is a great way to get geared up for the show season.

Visi our website for an application and additional information: http://pvdasouthernmaryland.com/
The Trainer’s Take

The Recipe for Success

By Felicitas von Neumann-Cosel

Returning from the Global Dressage Forum North America in Florida last month, I contemplated what some of our great dressage trainers have in common. Everyone interviewed talked about how often they wake up at night wondering how they could have ridden their horse better the day before!

I can relate, the gears in my head are turning constantly in order to improve my riding and therefore ultimately my relationship with the horse. The European as well as the American Forum did not only present dressage trainers, but also experts on bio mechanics, rider’s fitness, and natural horsemanship.

It has become clear to the horse world that it is not a coincidence that some riders achieve such harmony with their horse. They are not just gifted athletes or artists as one might want to believe, but their capabilities are based on strong roots. As a tree has many roots, there are multiple challenges to the basic skills of the effective rider.

First of all one has to gain the ability to follow the horse’s movement; without a balanced rider the horse cannot perform to its best. Once the rider’s seat is established, effectiveness in influencing the horse through well timed aids is the next hurdle. This alone is a never-ending journey.

Now we have to understand the theory of dressage to be able to develop the horse into a better athlete. For this you have to also nurture an understanding of bio mechanics. I am always amazed by the lack of knowledge in most students to simple questions, as in where runs the horse’s spinal column in the neck, for example. Understanding how the horse’s body works helps in problem solving.

Besides understanding dressage you have to become intrigued by training animals. The best trainer, who puts the wrong pressure at the moment of conflict, will never achieve harmony, but instead, negative tension. It requires great feel to take the horse’s flight instinct and love of movement to a performance in positive tension and harmony.

In my personal journey of riding, I received a lot of help early on from someone with a great eye for bio mechanics, Gene Freeze, and in the last few years also from Stefan Stammer, who is an osteopath from Germany. They have given me the answers what the horse’s body has to do to perform.

I learned a tremendous amount about animal training through dog training and watching natural horsemanship.

My cousin and sister, who are the authors of the book “Horse and Rider, Back to Back” have helped me greatly with my position and also given me tools for my students.

This is not just the recipe for the top dressage trainer, but for every single one of you fellow horse lovers and riders. Don’t hesitate, and explore what you can learn.

You do not have to be stuck in the rut of not changing anything in your riding. Go out and explore experts in their field that can give you a new understanding of your horse, or your body as a rider, etc. Don’t hesitate to get help from the best; you might be surprised how generous and insightful they can be with their help.
Ride Times

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PVDA Tea for Training
March 2, 2013
at Chesapeake Dressage
Institute

A huge thank you to:

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Christina Dale
Betty Thorpe
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Wendy Emblin
Michele Wellman
Carolyn Del Grosso
Rebekah Lusk
Camilla Cornwell

HOST
Janet Richardson-Pearson

BEHIND THE SCENES
Pat Artimovich
Linda Speer
Kate Burgy
Shari Packard
Hilary Moore
Nona Eucare

Dear Jaclyn (Tea is for Training coordinator),
Just wanted to send you a quick note and thank you for the wonderful training opportunity we had today. I was so impressed by how informative it was. I enjoyed it tremendously. The presenters, volunteers and the food were great. It was well organized and I especially enjoyed the session during the lunch hour led by Mary Sue. We can practice those skills on a daily basis. Now I am looking forward to signing up for some volunteer opportunities. Thank you again and enjoy the rest of the weekend.

Regards, Tina Ma

photos by Layne Lesniewski (top) and Jaclyn Sicoli (bottom)
The PVDA Newsletter is published monthly by the Potomac Valley Dressage Association. The deadline for submissions is (usually) the 10th of the month for distribution the following month. NEXT ISSUE: May 2013; DEADLINE: April 10; DISTRIBUTION: early May 2013

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 (checks payable to PVDA), Chapter News & Photos: newsletter@pvda.org
✦ News/Articles/Flying Changes: newsletter@pvda.org
✦ The Classifieds: classifieds@pvda.org or shari.glickman@comcast.net (Shari Glickman, GoodNess Ridge Farm, 13979 Unionville Rd., Mt. Airy, MD 21771; 301-351-5530)
✦ Show Results: showresults@pvda.org
✦ Calendar of Events: calendar@pvda.org (Jocelyn Pearson, Calendar Editor)
✦ Change of Address/Membership Renewal & Information: membership@pvda.org (Michele Wellman, Membership Coordinator, 9205 Bessie Clemson Rd., Union Bridge, MD 21791; 301-873-3496)
✦ PVDA Web Site: webmaster@pvda.org

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MARCH PVDA BOARD MEETING
Date: March 4, 2013; Meeting #524
Location: Linda Speer’s Farm in Clarksville, Md.

ATTENDANCE
Board Members Present: Betty Thorpe, Carolyn Del Grosso, Linda Speer, Rebekah Lusk, Kate Burg, Christina Dale, Deanna Beal, Michele Wellman, Jaclyn Sicoli
Members Absent: Mary Sue McCarthy, Deanna Williford, Jocelyn Pearson

COMMITTEE REPORTS
Chief Technology Officer: Modifications for managing schooling shows on web site complete. Entries and payment may be done online, payment may be made by a combination of volunteer certificates and payment online or by check.

Education: 32 people signed up before the Tea Is for Training on March 2, and six signed up for memberships on the spot. Two people came from New Jersey. Jackie said Chesapeake Dressage Institute was an accommodating host and thanked the instructors. The flex-time instructors program has not been started and Betty volunteered to pursue setting that up.

Finance: Carolyn noted that we are about $6000 ahead of last year. Increased dues will cover the cost of the USDF memberships and contribute a higher amount to newsletter. She moved that we donate 50% of the Ride for Life show profit to Johns Hopkins. Michele prepared chart of show profit donation (25% over five years.) It was noted that riders enter the show thinking their attendance contributes to donation...not true except for the show profit. The volunteers’ hard work is a cost to PVDA which contributes to profit as well. Motion passed. PayPal Account: $6,517.09; General Fund: $2,073.06; Schooling Shows: $3,268.65; CDs: $15,115.50. Total: $27,982.32.

Fundraising/Marketing/Sponsorships: Pat needs photos of educational activities, shows, or clinics. She urges the Chapters to sponsor classes.

Membership: Renewals at 777 members—86 new and 64 who renewed after lapse of more than one year. Members who sign up as Junior or Senior member must submit proof of their date of birth. Adult-486; Business-5; Family Primary-57; Family Supporting-63; Junior-52; Life-17; Patron-2; Senior-64; Young Adult-15.

Newsletter Next issue has advertising to increase pages to 24. Michele prepared/send schooling show omnibus to the printer February 24. Copies will be sent with March newsletter to current members. She proposed the omnibus be submitted online as it is difficult to avoid mistakes and print edition is outdated upon publication. It would save postage. The rules, year end awards, and tests could be printed. There was opposition to this idea.

Ride for Life: Sponsorship still needs volunteers to help. Mimi Mack and Anna Slaysman volunteered at the Tea Is for Training to be the Benefit Volunteer Coordinators.

Shows Schooling: Tedi Lesniewski organized the show season with 31 schooling shows April 6–October 20, that includes five new facilities. Schooly Mill; August 18 and October 5 still need managers, as well as the Chapter Challenge on November 3.

Next Meeting: April 1, 2013, 7 p.m., at Linda Speer’s Farm, Clarksville, Md. Contact Deanna Beal, 410-598-5919.

- Awards (High Scores, Trophies and Ribbons, Trophy Fund, Recognized Rider Awards)
  Linda Speer (chair), Michele Wellman, Tedi Lesniewski, Leslie Raulin

- Chapters
  Deanna Williford (chair), Linda Speer

- Education
  Jaclyn Sicoli (chair), Kate Burg, Camilla Cornwell, Christina Dale, Deanna Williford

- Finance/Budget
  PVDA Treasurer, Schooling Show Treasurer, Scholarships
see page 22 for publication deadlines and section editors.

Deadline for ads and articles is
April 10 for the MAY 2013 Issue
Articles/General News: newsletter@pvda.org
Calendar: calendar@pvda.org
Chapter News: newsletter@pvda.org
Classifieds: classifieds@pvda.org
Display Ads: newsletter@pvda.org
Membership: membership@pvda.org
Show Results: showresults@pvda.org
Photos: newsletter@pvda.org
Web site: webmaster@pvda.org

Dreitzler Family, Spanish Riding School
Create New Grant Fund
at The Dressage Foundation

The Heldenberg Training Center Fund has been established in memory of E.L. Dreitzler by Ralph and Freddie Dreitzler in conjunction with the Dreitzler family. This Fund will provide grants to non-professional North American riders for theoretical study and/or training with an owned, borrowed or leased horse at the Heldenberg Training Center (the Spanish Riding School will not provide horses). Initial grants will cover the tuition costs of attending the Spanish Riding School’s Training Center.

As the grant fund grows, future grants may also cover all or a portion of the transportation, lodging and related expenses for up to two months of training.

To make a donation to the Foundation, you can call our office at (402) 434-8585 for credit card gifts, send your check payable to The Dressage Foundation at our address below, or visit our website www.DressageFoundation.org to donate via PayPal. Donations in all amounts help support the work that we do!

Grant applications are due at the Foundation office by July 1, 2013, and recipients will have up to two years to use the funds.

Application forms and instructions are available at www.DressageFoundation.org or by calling The Dressage Foundation office at (402) 434-8585.

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