Mount Harmony Drill Team Members Perform

Escapade ridden by Abby Adelberg
Cayenne ridden by Karen Metcalfe
Dream ridden by Erin O’Neill
Invest Skip ridden by Nicole Hillerary

Photo by Kathy Whipp

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Don’t Miss the Adult Team Competition

PVDA is hosting the 2013 USDF Region 1 Adult Team Competition (ATC) during our Summer Showdown Licensed Show Saturday, July 6 and Sunday, July 7 at Prince George’s Equestrian Center in Upper Marlboro, Md. (www.showplacearena.com.) The ATC is for adults ages 22 or older as of January 1 of the competition year and open to any team. Form a team with fellow GMO members, PVDA members, or your barn mates!

For teams that are willing to represent PVDA there is an added bonus! PVDA will pay the cost of team classes for the first team (at each level) to submit a complete team entry. All members of the team MUST be PVDA members to receive this benefit. Opening date is April 29 and Closing date is June 7. For information and access to entry forms visit http://www.pvda.org/Documents/Show%20Information.aspx on the PVDA website. Mail your show entries to Liz Erwin, 1221 Taft St., Rockville, MD 20850.

New PVDA Premium Sponsor Announced

The PVDA is excited to announce that Dover Saddlery has made a commitment to support all aspects of the PVDA dressage community, by becoming our first Premium Sponsor. Dover Saddlery has been a long term supporter of the Ride for Life and is now showing their support for all aspects of our organization. In addition to financial and in-kind support for the organization and Ride For Life, they have also recently made financial commitments to support education and all shows as well as donating gift certificates for all our show volunteers, not just at the Ride for Life but every show! Check out our new sponsorship page on the PVDA website to learn about our new sponsorship levels and while you’re there, click on the Dover Saddlery link to show your support for our first Premium Sponsor!

L Program Volunteers Needed

“L” Program volunteers are needed at the PVDA Spring Show on May 18-19. A few scribes and scorers are needed to help out the participants. This is your chance to be involved in the fascinating process of judges’ training. It might be your turn one day! Contact Jocelyn for more information at jpearson@erols.com.

The PVDA Newsletter is produced by the Potomac Valley Dressage Association: a USDF Group Member Organization.

www.pvda.org • Copyright 2013

The President’s Window

We have two huge deadlines this month! First, it’s not too late for you to sign up to volunteer for the Annual Spring Show at Morven Park in Leesburg, May 18-19. The closing date for the show has already passed, so you might as well help out this year! Camilla Cornwell is the Volunteer Coordinator again, she is always such a favorite, won’t you join us? Contact volunteers@pvda.org

Secondly, the closing date for the 10th PVDA Ride for Life, Benefit for Breast Cancer Research, is on May 24. Please try to get your entries in early, the show always fills up fast. It will be held again at the Prince George’s Equestrian Center, and in case you didn’t compete or volunteer last year, the new covered arena is Continued on page 16
Bayside
The Eastern Shore of Maryland announces its Fourth Annual Dressage Schooling Show on May 5, 2013. We will offer all levels of Dressage, Eventing Dressage, Western Dressage as well as a Prix Caprilli (Training Level Dressage Tests including two small jumps). A big Thank You to “Horses in Harmony” for hosting us at their farm in Preston, Md. (near Easton), owned and managed by Debbie Hill and Jackie Kinney. For prize list/entry form please email: baysidechapter@yahoo.com

In July we have a Clinic planned with Anne Rawle, from Oxford, Penn., to educate us on long-lining for riding and driving horses. In August we have confirmed Lisa May, a graduate of Mary Wanless’s, to hold a 2-day clinic/lecture for us, to explain and practice the “Ride With Your Mind” concepts.

Fingers crossed for our Dressage Clinic in September, where we invited Jeanne McDonald, renowned judge, for a 2 day clinic, details pending. We are also working on a potential clinic with friend and FEI rider Eiren Crawford before the end of 2013.

For $10 you can join Bayside, save money, and become part of the PVDA family, which offers a large variety of shows and educational events across Maryland and Virginia. A busy and fun year for us.

Shore Dressage
Our year began with very forward impulsion starting with a January “Planning Meeting” held at the home of Deri Jeffers. With over 20 people from all over the Shore present for a delicious luncheon, we were able to make exciting plans for 2013. We set up dates for four schooling shows; two in Spring and two in Fall, at Sunset Bay Training Centre in Onancock. We established dates for clinics with Kathy Rowse, Deri Jeffers, Susie Cain, Aviva Nebesky, and Kelly McGinn.

The first clinic with Deri Jeffers was well received, with over 22 auditors from all disciplines. Many riders this winter had not been able to keep their horses in training due to the weather, only four felt their horses were fit enough for a clinic including B.J. Martin on Annie schooling Intro and Training, Tammy Parks on Skippy schooling Intro and Training, Kerra Johnson and Page schooling First Level, and Maeve Stewart on Diva riding Training and First Level. Deri reviewed the basics and how to establish a harmonious rapport with their horses. She worked on the issues that the riders had with successful results. The clinic ended with a question and answer session during a wine and cheese party! Our next two clinics are April 14 and 28. We’re looking forward to our first show in May!
Courtney King Dye Clinic
Saturday, June 15th and Sunday, June 16th 2013
Presented by Good News Stable, Inc.
located at
16700 Barnesville Road, Boyds, MD 20841
CONTACT: judicoyne@comcast.net || 301-305-2424
✓ $250/per ride - $500.00 for weekend includes 45 minute private lesson and lunch and daily 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. Bring your own chair, lunch and snacks
✓ Limited Stabling: $65.00 @ Day/night (includes bedding/mucking/watering/feeding rider provided grain, hay and supplements. Day stall for $35.00 (while clinic is going on – self care, bedding provided)
✓ Professional Clinic Video Services

BETTINA DRUMMOND CLINIC
Saturday, June 1st and Sunday, June 2nd 2013
Good News Stable, Inc. • 16700 Barnesville Road, Boyds, MD 20841
CONTACT Barbara Baboyian
Email: Baboyian@aol.com
Phone: 240-388-2722
$175/per ride || $350.00 for weekend
• 45 minute private lessons
• Lunch provided to riders
Non-riding auditors are welcome!
• Pre-registration w/payment - $25 per day or $50 for both days
• $30.00 per day at the door
• Please bring your own chair, lunch and snacks or go out for lunch
Limited Stabling
• $65.00 @ Day/night
• Day stall for $35.00
Payment in full secures a riding slot but MUST be made prior to May 1st!
Registration form and Bettina’s Bio may be downloaded from our website. www.goodnewsstableinc.com/clinics.html
The PVDA Newsletter

March 9 & 10, 2013

Jane Savoie Clinic

By Shari Glickman

Jane Savoie has been a driving force in my dressage career which started in the early 90s, when I was almost 30, and started “balanced seat” lessons at Woodland Horse Center. I had done nothing more than YMCA camp trail rides as a child but always had a dream to ride. One day, I met PVDA member Aviva Nebesky, when we were both practicing social workers, who introduced me to both Woodland AND PVDA and before I knew it, I was involved in both organizations!

The very first dressage clinic I attended was a year later, in 1993, when I audited Jane Savoie, who was teaching in Virginia. I had done nothing more than YMCA camp trail rides as a child but always had a dream to ride. One day, I met PVDA member Aviva Nebesky, when we were both practicing social workers, who introduced me to both Woodland AND PVDA and before I knew it, I was involved in both organizations!

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Over the last several years GoodNess Ridge Farm has been fortunate to host a number of well-known clinicians and one day I thought, why not ask Jane Savoie to come to my “little Ponderosa?” So I emailed Jane through her website and much to my happy surprise she answered me and we worked out a clinic date and lots of details and she agreed to come! It truly has been the highlight of my farm ownership, and while I wasn’t a rider, there wasn’t one lesson where I didn’t learn something new. Jane has a rare talent of making each lesson about the rider, but also somehow involving a large auditing audience (more than 140 on Saturday!) to the point that as you think of the question, Jane is already answering it.

For those of you who missed this clinic or who want to come again I am excited to announce that Jane and I are planning a one-day clinic on September 14, 2013.

Julie Rovner

Training Level Rider, on Hopper

It was a rare treat to get to ride with Jane Savoie at her clinic at GoodNess Ridge Farm in March. And a big shout-out to Shari Glickman and her staff and volunteers for making it run so smoothly.

This actually wasn’t my first time riding with Jane. I rode in a clinic with her in Maryland with my first horse, an off-the-track Thoroughbred, in the early 1990s.

But like many busy professionals, I have not made as much progress as I’d like, and as Jane likes to describe herself, I also am much more of a left-brain person. I tend to analyze things more than do them, intuitively, which makes dressage that much more difficult for me. Hence, I’m still wandering around at Training/First Level, although now with horse number four.

So, I was thrilled to learn some of her new “Happy Horse” techniques that even an “evergreen” rider like me could process and apply. We’ve been using what we worked on in the clinic at home, particularly her techniques for helping unlock my perennially stiff elbows. And Hopper may or may not be pleased at some of her simple-but-effective suppling exercises.

I’m pleased that much of what I learned appears to be
sticking, which doesn't always happen after clinics, and it’s helping us make, if not huge leaps, at least noticeable steps forward. Thanks, Jane!

**Nicki Carson**

*Second Level Rider, on Whisper to Heaven*

I would like to begin by thanking Shari Glickman of GoodNess Ridge Farm for hosting this fabulous learning opportunity. Also, a big thank you to Jane for coming and sharing her incredible wealth of knowledge!

I rode the American Sport Pony that my mother, Vicki Carson, and I bred. Whisper to Heaven is a 13.3H Welsh x TB showing Second Level. She may be small, but her presence and attitude had everyone talking. People were coming into the barn aisle after our rides saying “I didn’t realize she is so small!” At one point during the clinic she reached up and kicked the bottom of my riding boot! That would be the attitude, but at least I know she can really engage those hind legs!

Day One of the clinic was all about understanding Jane’s methods and Whisper getting a grip on her surroundings. Whisper can be very tricky in the contact at times. Even though she is small, she is very capable of locking her neck and bracing. It can be worse than a 17 Hand horse! Since she was a little worried about all of the auditors on the long sides of the arena this became even more of an issue. Our work was all about suppling aids and making sure she would flex left and right in the poll and the neck, to ultimately create a lowering of the neck and a truer connection and acceptance of the bit. Since she was distracted, her attention to my leg aids was lacking. We touched on the best route to making her more reactive and attentive to my leg in this situation. The biggest thing I gained from this lesson was the “Turning the key in the lock” exercise to access the poll. Since the clinic, I have used this exercise on all of my horses to help me more easily gain flexibility in their poll.

On Day Two, I came ready to show off a supple pony that was responsive to my leg and ready for more! Jane was very satisfied with what she saw and we moved on to connecting and collecting aids. Connecting aids came into play when asking Whisper to step through from the hind end, staying truly connected within transitions and when playing with the tempo in the lateral work. Whisper’s tendency is to escape above the bit during the moment of the transition. The connecting aids consisted of: closing my outside fist firmly on the rein, vibrating my inside ring finger and closing both of my legs on her body. The culmination of these aids resulted in an engaging of the hind legs and raising of the withers and a lowering of the neck at which time I could then ask for the transition up or down. TA DA! Perfection!

Next on the agenda was perfecting the Canter to Walk transition. This is where Collecting Aids started. I can still hear Jane saying “You must be going miles per hour. Walk within the canter before asking for the downward transition.” And “decrease the amount of ground cover by 50%.” The collecting aids consisted of a push with my seat, closing my legs, and a take-give on the outside rein, only, directing the half halts to the outside hind leg since that is the strike off leg. Once Whisper realized that she could quicken the hind legs while tilting her pelvis the amount of “Sit” she achieved was awesome! Jane commented after that exercise that she could see pirouettes in our future!

I gained new tools for my riding and also for my teaching. It has been awesome to share some of these techniques.
Jane Savoie continued from previous page

with my students. I can’t wait for Jane to come back.

Jill Frumin
Fourth Level Rider, on Picollino 2

Pico and I get shy riding in front of a big crowd but Jane made the atmosphere so welcoming that we were able to conquer our nerves and get down to work quickly. Having watched the earlier rides, I asked Pico to give me the feeling of a “falling down neck” while suppling his body. Jane breaks every exercise down into very small pieces so that each part serves as a building block for what follows. The first day’s focus was on half-pass and canter work. To ride the half-pass, she had us come down the centerline in shoulder fore. Then, while using the inside leg, I moved my outside leg back and closed my outside hand. She wanted very little pressure from the outside leg because too much outside leg (guilty!) displaces the quarters too far inside. My half-passes improved immediately. In canter, every canter transition had to be ridden in shoulder fore. Jane corrected us whenever Pico’s quarters snuck to the inside (more frequently than I would have liked!). To develop the pirouette canter, we reduced the collected canter by 50% whenever she asked. She was demanding and fair and 50% was more of a challenge than I thought. We then used a 10 meter circle (thanks to my pillars Dorie Forte & Jennifer Tingley) and went in and out of the pirouette canter on the 10 meter circle.

Day 2 focused on half steps & the building blocks to canter zig zags. Jane had us ride trot-halt-trot transitions in shoulder-in to start. The halt in shoulder-in was manageable; the trot off in shoulder-in was challenging. When those were developed, we straightened and began our half-steps. Note to self: no upper body movement for half-steps. It was terrific! Her exercises were brilliant, largely because they were so systematic and sensible that someone who had never ridden a canter zig zag could follow them with success. Though I can’t do them justice writing down each step, she gave us a road map for our future.

I always knew I wanted to ride with Jane Savoie and now I know why. Her incredibly positive teaching style coupled with so many classical exercises means that horses and riders at all levels could benefit from the wealth of her knowledge. Coupled with perfect weather and Shari Glickman’s amazing skills organizing a clinic at her lovely GoodNess Ridge Farm, it was a truly wonderful experience.

Stacy Pattison
PSG/Intermediare I Rider, on Ridley

What a fabulous clinic! Ridley and I came away with some great exercises and encouragement for our future. The first day, fortunately (as it turned out), I had a very distracted stallion on my hands. With Jane’s coaching using her suppling, bend him to 7 then back to 1 exercise, I gained his attention and then the shoulder-in and half-pass work could start. Jane had great exercises and tools for maintaining the collected gaits and even improving them within the movements.

We would start our shoulder-in from the corner and two to three times down the long side keeping the shoulder-in, while increasing the collection into a couple half steps or piaffe steps and then continue forward maintaining the shoulder-in. This exercise helped to maintain the uphill balance and engaged the hind end just a little more with each decrease in speed. We then went on to half-pass and at each quarterline again gathered the haunches with the half-steps and then continued the half-pass. Using this exercise since the clinic has facilitated a wonderful half halt which reminds my horse to engage as we practice movements at home, without having to perform actual half steps.

We also worked a little on tempi changes. I was delighted to hear from Jane that my attempts to send him forward between changes (as he used to suck back) had worked so well that he was lurching forward between the changes causing him to get flat. To fix this, Jane had me do some very
strong half-halts after each change to keep the engagement and get the uphill balance. To accomplish this she had us do a single change and then come back to a pirouette canter for three strides and then continue across the line. A simple exercise and so effective.

The second day was even better and Jane had really figured me out. We worked on some exercises that were difficult for Ridley to help our right pirouette, in particular, as he can panic a bit and ignore my right leg. To send him forward or out of any given pirouette stride we started on a 10 meter circle in the middle of the ring with a high degree of right bend which we maintained throughout the exercise. Then we spiraled into 8 meters and leg yielded back out to 10 meter circle followed by haunches-in on the circle, and then slowly decreased it into a schooling pirouette. If he got tense, we leg yielded back out into the larger circle all the while maintaining that bend. It was the first time that a clinician was able to tell me that I was actually losing his left hind leg, the loading leg, and that was our greatest issue. The baby steps of this exercise actually helped take my horse's panic away and allowed me to ultimately adjust him each stride of the pirouette.

We then continued with single tempis. We are just starting this work and both Ridley and I are new to them. Honestly, I know and told Jane I get a little too excited and start moving around too much therefore affecting his balance and ability to come through. We can do three, one-tempis without a problem. So that being said, the fun began. Jane held her hands up like goal posts and told me to keep my hips in line with her arms as I headed across the diagonal for straightness. She then reminded me to "milk the cow," the new outside rein check with each change to keep the hind legs engaged and Ridley in balance for each change of lead. It was a laugh filled motivating attempt and looking back at the video now I think we actually got three then two then maybe another two as we headed across the diagonal in our best attempt. A work in process but the explanation and encouragement Jane gave were absolutely wonderful.

Thanks to Shari Glickman and GoodNess Ridge Farm for hosting this wonderful clinic and providing us with a beautiful venue. Your hard work was more than obvious.
Calendar of Events

May 2013

4  Schooling show at Hope Floats Equestrian, Taneytown, Md. Contact Jeanine Holtsberg, 410-861-7977 or see http://www.hopefloatsequestrian.com/

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.chesapeakedressage.com

5 Equilibrium Horse Center Schooling Show, Crofton, Md. Contact Sandy McGuire at MorganEQ@aol.com

5 Calvert Chapter Schooling Show - Kings Landing Park, Huntingtown, Md. $20 per ride +$1 refundable number fee. http://calvertpvda.smugmug.com/Shows

5 Bayside Chapter 4th Annual Dressage Show at Horses in Harmony, Preston, Md. See baysidechiprotor4@yahoo.com for details.

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 Schooling Show at Hope Floats Equestrian, Taneytown, Md. Contact Jeanine Holtsberg at 410-861-7977 or see http://www.hopefloatsequestrian.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

1 Schooling Show at Hope Floats Equestrian, Taneytown, Md. Contact Jeanine Holtsberg at 410-861-7977 or see http://www.hopefloatsequestrian.com/

1-2 Bettina Drummond Clinic at Good News Stable, Boyds, Md. Contact organizer Barbara Baboyian at Baboyian@aol.com or see www.goodnewsstable.com/clinics.html

8-9 Jan Brons Clinic at Chesapeake Dressage Institute, Annapolis, Md. Call 410-267-7174 or see www.chesapeakedressage.com

13 CDCTA Evening Schooling Show at Warrenton Show Grounds, Warrenton, Va. See www.cdcta.com

15-16 Clinic with Courtney King Dye at Good News Stables. Contact Judicoynyc.comcast.net

22-23 10th Anniversary PVDA Ride for Life at the Prince George’s Equestrian Center, Upper Marlboro, Md. All PVDA members are invited to participate. See www.pvdarideforlife.org

July

6-7 PVDA Summer Showdown and USDF Region 1 Adult Team Competition at Prince George’s Equestrian Center, Upper Marlboro, Md.

6-7 Jan Brons Clinic at Chesapeake Dressage Institute, Annapolis, Md. Call 410-267-7174 or see www.chesapeakedressage.com

17-21 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.chesapeakedressage.com

In Memoriam

Honorary PVDA Member Colonel Alfred R. Kitts

Colonel Alfred R. Kitts, 87, passed away February 26, 2013 at Select Acute Care in Holy Spirit Hospital. “Bud” was a son of the late Col. Isaac L. and Marion Kitts.

He was born April 19, 1925 to a military family and followed in those footsteps, attending Culver Military Academy and enlisting in the United States Army at age 18. For the next 32 years, Bud served his nation as an Artillery Officer. Stationed in the Pacific during World War II, Bud was also stationed in the Philippines, Indo-China, CBI Theater, Iran, Germany, and at various Army post throughout the United States. His final assignment was at Carlisle Barracks Army War College until his retirement in 1976. Bud was awarded the Silver Star for gallantry in action during the Vietnam War. While in the military, Bud rode for the Army Equestrian Team and qualified for the American Olympic Equestrian team.

Upon military retirement, Bud and his family moved to a farm in Newville where he embarked on his second career of raising horses and judging equestrian events. He was an FEI level judge where he presided over worldwide events, including the Australian nationals. Also a professor at Wilson College, Bud founded the school’s Equestrian Program.

The Trainer’s Take

Develop Harmony

By Katie Straton

Every dressage rider strives for a perfectly harmonious ride on a balanced and malleable athlete that effortlessly responds to seemingly invisible aids. It’s a magical feeling when your horse seems to read your mind, but this connection doesn’t always come easily. The rider is either hindering the horse or helping the horse. There is much truth to the old adage: “The horse knows how to be a horse, the rider must learn how to ride.”

If the rider is moving with the horse, in proper position, i.e., vertically aligned from ear to heel, hips parallel to the horse’s hips, shoulders parallel to horse’s shoulders, hands an extension of the seat, then the aids can easily influence the horse. If the rider is restricted by tension, lack of balance, crookedness, injury or even fear, it will be difficult to harmonize with the horse and therefore difficult to influence him with correctly timed aids. The rider must first master her own body.

Achieving proper position and balance are the first steps in developing the rider’s seat, and being able to influence the horse’s body. The proper position allows the rider to follow the horse’s motion, develop feel, and correctly time the aids. If the rider isn’t balanced, the horse cannot balance beneath her. If the rider isn’t straight, the horse will never be straight. We strive for our horses to become supple and even on both sides of their body, pushing and carrying with both hind legs evenly, but many riders are unaware that they are crooked themselves. All people, and horses, are one sided and need to work to develop ambidexterity.

The crooked or unbalanced rider may not realize that their horse is moving crookedly underneath them.

The crooked or unbalanced rider may not realize that their horse is moving crookedly underneath them. To this rider, it feels normal, and they are in fact moving with the horse, as the horse will match the rider’s misalignment. This is a case in which it would be useful to have eyes on the ground, or mirrors, so that the rider can check for correct position and alignment. The rider may feel very crooked once corrected, and needs consistent reminders until this new position becomes muscle memory.

The crooked or unbalanced horse, by the same token, can cause the rider to become crooked because the rider unwittingly follows the horse’s movement, mirroring the horse’s crooked body; or unbalanced because the horse does not offer the rider a rhythm and regularity of movement to follow. It takes a rider with a developed seat, and feel, to correct a crooked or unbalanced horse. Thus, fixing your position, and developing your seat, whether the cause is horse or rider, will enable you to feel if your horse is correct and to influence him more easily.

Finding the correct position starts at the halt with vertically aligning your body in a straight line from your ear through your shoulder, elbow, hip, and heel. Both seat bones should be evenly weighted with level hips and shoulders. Your upper body should be tall and square, moving as one unit as if contained within a cabinet or box; this is your seat. Check your balance by raising your arms straight out to the side and rotate your torso to each side. Does your weight stay even on both seat bones, and do your arms, shoulders, and hips remain level? Do you inadvert-
tently lean back onto the inside buttock with your outside leg and seat lifting up? Or lean forward and in with your inside shoulder and collapse at the hip?

Your legs should be in even contact with the horse’s side from your seat all the way down to your foot, as if they are a damp towel draped over your horse’s back. This allows your weight to travel down the front of your thigh, back of your calf, and into your heel, which should always remain under your center of gravity as if you were standing on the ground, lowering yourself to a kneeling position. You should be able to gently swing your leg from the hip in a small circular motion. Rotate your ankle so your toe points in, up, out, down, as if brushing the horse’s side with your leg against the direction of hair growth. Can you do this without tipping your upper body or raising your seat?

At the walk, let your legs hang, and feel them swing from side to side following the horse’s barrel. The horse’s barrel swings away from each hind leg alternately as it lifts and reaches forward. Feel which hind leg is stepping, and as your leg swings in, your hip and heel sink in the same motion as the horse. Now, as your leg swings in with the horse’s barrel, apply the same circular motion as the exercise above, but make it ‘invisible’ inside your boot. You’ve applied a leg aid that is properly timed, i.e., as the horse’s leg is lifting off of the ground, simply by following the movement.

The rider that turns the toe out or brings the heel up to use her leg is locking the ankle and tightening the hip. This makes it difficult to follow and absorb the horse’s movement; the rider’s weight cannot sink down the leg, the lower leg is destabilized, and the seat unbalanced. If you’re not balanced over your own two feet, you’re making it difficult for your horse to carry you.

At the walk again, continue following the horse’s motion with your leg and seat. Rotate your torso to the inside, and slide your outside leg back to ride a circle. Continue applying your “invisible” leg aid in rhythm with the inside hind leg to help your horse bend. Your shoulders and hips should be parallel to your horse’s shoulders and hips. The horse contracts his body on the inside, bringing the inside front and hind legs closer together. Feel that your inside seat bone has moved slightly forward, due to sliding your outside leg back, and your inside shoulder is back due to the rotation of your torso. You’ve influenced your horse with the weight and position of your balanced seat (torso) and correctly timed leg aid.

The rider that leans to the inside, dropping the shoulder, collapsing in the waist or hip, will not only have trouble following the horse’s movement, but will also be unsuccessful in influencing the horse’s straightness and bend. The same is true of a rider who is unable to rotate her torso or move the legs independently due to lack of suppleness or balance.

These basics of balance, body awareness, moving with the horse, and timing of the aids apply to all riding. Practice on the lunge line is a great way to work on them. If your horse is not suitable, ask your instructor if they have an appropriate horse. Enlist a riding buddy to be your eyes on the ground, and use mirrors if you have them. Developing the seat is a long-term process that takes dedication, focus, and fitness in and out of the saddle. Riders at every level should continue to work on their position, as it is key to effectively developing a happy, healthy horse, and harmonious partnership.

Katie Straton is a former eventer and Pony Club graduate. She has trained extensively with classical dressage master Charles de Kunffy, and ridden with many other top professionals. Katie trains horses and riders of all levels and backgrounds, emphasizing classical equitation and horsemanship. She is an active member of PVDA, and serves as chair of the New Market Chapter.
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to achieve dynamic equilibrium with their horse

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Do any of the following apply to you?

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

In the mirrored arenas, does your body look like what you thought you were doing? Are you able to make smaller, smoother circles to the right v. to the left (or vice versa)?

Does the ability to “collect”, “gather”, or “round” your horse elude you? When you go up in the rising trot, do you tend to fall right, inadvertently pulling your horse right to counterbalance your shift in weight?

Visit www.EmpoweredRider.com to learn more about us and the services we provide: private intensives and customized progressive work

Lilla Marhefka, PhD, HFS, CPT, CES, CSCS    Lilla@MovementControlSpecialists.com
Equipment for Sale

- 1) Sz. 80 Integrity Linens NEW lightweight fancy wool burg. red dress sheet w/hip ornament, braided tail cord, and leather front closure. No surcingle, $100 2) Sz. 10L NEW WITH TAGS, stunning, Cavallo blk. tailcoat w/"bling" buttons, and blk. velvet collar, $750, Kristen Ortt, 443-553-2240 phone/text or email: kristenott@gmail.com
- 1) Equilibrium Massage Pad, almost new, $295 2) NEW Bobby's blk. bridle w/flash noseband, $50 3) NEW Sz. Med. Lami-Cell schooling helmet, $50 4) NEW 50" A/P girth, $35 5) Sz. 26 Elizabeth G breeches, side zip, corduroy knee patches—sev. prs 6) Sz. 6 Petrie Anky Elegance boots w/zipper, calf XHLW, $400. Kathy Mathers, email: kathleen-mathers@gmail.com
- 1) 16.5" Albion Legend A/P saddle, med/wide tree, beautiful, in like new cond., $1,300 2) 17.5" M Toulouse Aachen dressage saddle, wide tree, <2 yrs old, conf. and balanced saddle, $950, Chris Balderson, 240-682-0744 or email: cbalderson24@yahoo.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" Bates Caprilli blk. saddle in really good cond., adj. tree, $750, Nellie Hanagan, 301-376-3703 or email: thanagan@earthlink.net
- 17" County Perfection blk. dressage saddle, med. tree, in exc. cond., $3,000 (cost $4,300 new in 2011), Mimi Mack, 301-748-6844
- 1) 17" Crosby Lexington TC Combined Training saddle, exc. cond., fits a variety of horses, a jumping saddle w/a dressage tendency, incl. fittings, $400 2) Circle Y Western Pleasure show saddle, beautifully tooled with some silver trim, exc. cond., $450 (sells for $2,100 new) 3) 16" Hunter saddle w/suede knee rolls (barely used), new leathers, new safety stirrups, and new safety strap, $160. Deanna Williford, 410-418-5325 or email: deannawilliford@yahoo.com
- 1) Sz. 26 Integrity blk. dressage saddle, wide tree, in exc. cond. Fits QH, DraftXs, and WBs beautifully. Stirrups, leathers and 48" girth incl. Photos avail., Shari Glickman, GoodNess Ridge Farm, 13979 Unionville Rd., Mt. Airy, MD 21771. email: shari.glickman@comcast.net or send to shari.glickman@comcast.net

Horses for Sale

- Han. geld., 12 yrs, 16.3H, showing 2nd level w/AA, potential for much more. As quiet as they come, big, elastic movement, $25, 000. Kristen Ortt, 443-553-2240 phone/text or email: kristenott@gmail.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 oppty at $17,500 to own a nice, pretty, correctly trained horse with exc. bloodlines. Video and pics avail. or just come see her at GoodNess Ridge Farm in Mt. Airy, MD. Phyllis Svendsen, 410-259-0480 or email: psvendsen@yahoo.com
- TB/Welsh? gray filly, 4 yrs, 14H, cute and fun. Green broke, doing trails, jumping small logs, basic flat education. Does all the ground stuff with NO problems—just too small for us, $4,000, Nellie Hanagan, 301-376-3703 or email: thanagan@earthlink.net
- Trk/Perch blk. mare, 16 yrs, 16.1H, talented, very flashy, responsive to aids, some 1st & 2nd level moves, has been in training w/some well-known trainers. Have had for 10 yrs and sadly must sell as moving to England, $5,000. Donna Haske, 410-474-4901 or email: DonaMichael@aol.com
- 1) 10 filly by GP stallion Oskar o/o of super Dutch Landgraf/Ulft mare. FEI prosp. w/ound. temp. Tall but not heavy, going beautifully u/s, 2) Prem. mare by Flemming, 6 yrs, spectacular, scored 8.2 for movement, $800/obo, Suzi Hek, 717-642-8295 or email: suzisun@gmail.com
- 1) 16.5" Albion Legend A/P saddle, med/wide tree, beautiful, in like new cond., $1,300 2) 17.5" M Toulouse Aachen dressage saddle, wide tree, <2 yrs old, conf. and balanced saddle, $950, Chris Balderson, 240-682-0744 or email: cbalderson24@yahoo.com
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Horses for Lease

- Wonderful and kind SWB avail. to lease 2 days/ wk. for $200/no. or 3 days/wk for $300 at Periwinkle Farm LLC in Spencerville, MD in SE Montgomery 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: LKLevens@mac.com or see: www.periwinklefarmllc.com
- 18" MW Black Country Vinici blk. dressage saddle. Monoflap, K panels, overlay girth, barely used, in exc. cond., asking $2,400 2) 18" NEW Collegiate blk. dressage saddle, $700, incl. leathers and irons, Kristen Ortt, 443-553-2240 phone/text or email: kristenott@gmail.com

Boarding

- Two stalls avail. at Roho's Hideaway Farm, loc. north of Westminster off Rt. 97. Conv. to Westminster, Gettysburg, Frederick and Baltimore Co. Quality care for your horse, indiv. t/o, outdoor arena. Owner on premises. lessons avail., Carol Stultz, 443-293-2669
- 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
The Classifieds is available to PVDA members only, at no charge, as a membership benefit. Items accepted by post or e-mail. Items submitted by e-mail must include your 2013 PVDA membership number. Classifieds that are submitted without a member number will not be accepted. Email classifieds@pvda.org or shari.glickman@comcast.net or send to Shari Glickman, GoodNess Ridge Farm, 13979 Unionville Rd., Mt. Airy, MD 21771.

**CLASSIFIEDS DEADLINE IS MAY 7, 2013**

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**The PVDA Board of Directors want to hear from you!**

Dear PVDA members:

I have been a PVDA board member for just over one year now and want to address an issue some of us keep hearing, and that is that the PVDA board is hard to approach.

I understand where this misperception is coming from. When I first joined it took me a few meetings to realize that no one was being purposefully unfriendly. The truth is that during meetings there is not much time for chit chat, but before and after, yes! Also, PVDA board members are very focused during the meetings, as there is so much to discuss in only a two hour time window.

Please do not mistake our focus for being unfriendly or difficult. We are normal folks with families and jobs just like you. We all love horses and dressage, and we actually come together around our mission very well and with good spirit! So please give us a second look and consider joining us as we plan celebrations for our 50th anniversary. We have many exciting things on tap! Join the Board and put your love of dressage to work.

If anyone has any concerns about this perception or any others, please give me a call! The PVDA Board is also in the process of developing an Ombudsman position to address and resolve concerns of PVDA members, so we will keep you posted as this develops!

Mary Sue McCarthy  
Volunteer Chair  
410-979-7744
The PVDA Newsletter

just fabulous. Please check out the Ride for Life’s own website at www.pvdarideforlife.org. There are so many opportunities for you to get involved. You could walk around your neighborhood (good excuse to meet the neighbors) to ask for donations and tell everyone about the evening freestyle competition. You could call your favorite small business and ask them to become a sponsor. If you don’t have time to help out at the actual show, you could offer to help out with setting up the show on Friday or tearing it down on Sunday afternoon. Both of these assignments would only take a few hours of your time. If you know of anyone who has bravely battled and won their fight with breast cancer, please invite them to join us. Did you know that many of our judges are survivors themselves? You can find inspiring stories on the Ride for Life website.

We have another deadline to remind you about coming up early next month. The PVDA Summer Showdown and Adult Team Competition will be held on July 6-7, also at PGEC. The deadline is June 7. Last year was our first Summer Showdown and we had a blast, well the blast was from the heat at 104 degrees! The amazing part about this show is that even though it’s just two weeks after the Ride for Life and held at PGEC, it’s a completely different show with a different tone. So relaxing and wonderful! How about getting a team of your friends together and giving it a try? It’s fun and really great to have a built in support group with you. Don’t forget, you have to bring a volunteer or two! Also, don’t forget about the new Rider Tests!

The Education Committee, headed up by Jackie Sicoli, is really going to surprise you over the next two years. There are big clinics planned, so get your horses ready, you are going to be amazed!

As always, we are so lucky to have such wonderful members in PVDA. We come from all walks of life, each with our own specialty, coming together for our passion. Horses!! Let’s all try to reach out and get to know each other. If anyone out there is riding alone, let me know and I’ll find you a riding buddy.

Contact me any time.

Jocelyn

Jocelyn Pearson • PVDA president • president@pvda.org

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Yvonne Atwood
British Horse Society Intermediate Instructor
USDF Bronze and Silver Medalist

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2013 Schooling Shows

May 5, 2013
Kings Landing Park, Huntingtown, MD
Judge: Jessie Ginsberg
Open: March 15, 2013
Close: April 25, 2013

October 20, 2013
Oakridge Park, Hughesville, MD
Judge: Jocelyn Pearson
Open: September 1, 2013
Close: October 12, 2013

Clinics

May 9, 2013
Susan Graham White Clinic
Endless Endeavor Farm, Mechanicsville, MD
Close: May 1, 2013

Events open to everyone!
www.calvertpvda.smugmug.com
### PVDA Schooling Show

**Mountain View Farm, Dickerson, Md • April 6, 2013**

<table>
<thead>
<tr>
<th>Test</th>
<th>Level</th>
<th>Horse</th>
<th>Rider</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro Level Test A</td>
<td>Intro</td>
<td>Royal Walk / Stacy Charland</td>
<td>66.250%</td>
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<tr>
<td>Intro Level Test B</td>
<td>Intro</td>
<td>AF Free State / Anne Buckman</td>
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<tr>
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<td>Truman / Kelsey Siegel</td>
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<td>George / Marcia Nass</td>
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<td>Intro Level Test C</td>
<td>Intro</td>
<td>Diamond in the Rough / Alexis Weitzel</td>
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<td>Beginner Novice</td>
<td>Consuela / Elizabeth Rivera</td>
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<td>BF Marie / Cheryl Loane</td>
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<td>Kapriole / Molly Sherman</td>
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<td>First Level</td>
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<td>Eternaluma / Logan Elliott</td>
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<td>High Score Awards</td>
<td>Introductory Level Champion</td>
<td>Ladies Man / Katrina Diclaudio</td>
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<td>Renaissance Man / Alyssa Summers</td>
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<tr>
<td>Training Level Champion</td>
<td>Orchestrated By Prelude / Jaclyn Sink</td>
<td>71.071%</td>
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<tr>
<td>Training Level Reserve Champion</td>
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<tr>
<td>Freestyle Training Level</td>
<td>Gorbachev / Annabel Winters-McCabe</td>
<td>63.750%</td>
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<td>First and Second Level</td>
<td>Eternaluma/Logan Elliott (2-2)</td>
<td>61.970%</td>
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<tr>
<td>USEA Prelim Test A Champion</td>
<td>Southern Tango / Ema Klugman</td>
<td>63.632%</td>
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**Schooley Mill Park JR/YR, Highland, Md • April 13, 2013**

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<td>Renaissance Man / Alyssa Summers</td>
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<td>Days End Nashville Nights / Serena Faruque</td>
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<td>Intro Level Test B</td>
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<tr>
<td>First Level</td>
<td>First</td>
<td>Eternaluma / Logan Elliott</td>
<td>62.800%</td>
<td></td>
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<tr>
<td>Freestyle Training Level</td>
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<td>England Tower / Megan May</td>
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Thanks to our volunteers, Lisa and Grace Blakeney, Denise Brescia and Wil Speer, our ring set up crew. Susan Gadomski, our scribe. Zoe and Nikki Witte, our scoring team and runners. Thanks also to our wonderful judge, Aviva Nebesky.
On the Way to FEI

By Pat Chandler
Part II of a three-part article

First day's lesson

Next began our 45 minute session with one of the clinicians. In my case, I worked first with Sarah Geike in the outdoor arena. Not having worked with anyone but my trainer Becky in awhile, I was a bit nervous at first but finally I got "in the zone". Sarah worked with me getting me to shift my seat bones more down into my horse to regulate for example, my mare's walk which happens to have a huge stride. Sarah urged me to pay more attention to maintaining the rhythm and regularity of all three gaits. She had honed in on one of my biggest issues with this horse. Willow has such huge gaits for her size and so much power, it often overwhelms her so I have to be the metronome for her. Sarah also helped me with the timing of my half-halts in the trot work and this became a common theme for each and every one participating in the clinic. It seems we all had differing ideas and some confusion over the timing of aids and that includes the 3 riders currently riding at the FEI levels and the 2 riders that have ridden FEI but currently have lower level horses! More on that later.

Sports Psychology

That evening, we were treated to steaks and salmon on the grill and a lecture provided by Sports Psychologist and author, Janet Edgette. The lecture was both interesting and surprising because Dr. Edgette’s take on sports psychology was refreshingly different from today’s standard fare. She does not ask one to employ visualization, or positive self-talk to make one more confident or to convince one they can achieve something. Nor does she believe in motivational type speaking. As Dr. Edgette noted, aren’t we already motivated to do better? Instead she believes in looking at what issue is making you uncomfortable, accepting it rather than pushing it away, and thus disabling its power over you.

Dr. Edgette believes in looking at what issue is making you uncomfortable, accepting it rather than pushing it away, and thus disabling its power over you.

Dr. Edgette points out that sometimes negative thoughts are actually good judgments. For example, you have anxiety about riding a fractious horse at a show and staying safe. Perhaps you’re not actually ready to show that horse yet. Perhaps that horse is unsafe. She sites one woman who brought her daughter in to see her, saying the girl was worried she might ruin her new horse. As a result, although she had been successful in riding her previous but less trained and less talented horse, she was not demonstrating her previous skill level. The mother wanted Dr. Edgette to give her daughter some visualization techniques. But Dr. Edgette instead pointed out that actually, her daughter might very well ruin the horse. The question was how the mother and daughter would react if that happened. Would the mother blame the daughter? Ultimately, once the daughter had "permission" to ruin the horse from her mother, it was no longer an issue and she resumed her previous level of skill.

Dr. Edgette stresses this "power of permission" and gives the example of allowing yourself to get as nervous as you want at a competition. But at the same time, it is helpful to "decouple" how you feel, i.e. nervous, with how you ride. When you are nervous, do you freeze or do you override? If you tend to freeze, the Dr. suggests giving yourself one movement like using your inside leg every other beat, and focus on that instead. Or focus on making one decision every time you pass E in the arena. If you tend to over-aid, focus on a feeling of patience. The key is to look at the bigger picture; not just one ride and to give yourself permission to make mistakes.

Another method is to find one thing that changes the way you feel. If you feel powerful and confident when you hear a particular song, make that your mantra when you compete. Dr. Edgette stresses that those who are most comfortable in competition tend to be those with a lot of mental flexibility and who are able to hold open two opposing ideas instead of dealing in absolutes. The most
important thing of course, is that the method matches you.

**Day 2 lesson**

The second day of the clinic began bright and early with another session of Yoga followed by a lecture and discussion on collection. Actually, we would often start one topic and then veer off in another direction, but regardless it was always interesting and informative!

Jeanne and Sarah began by addressing the rider position and its use to correct the horse. The ideal position is what is termed the "neutral spine," the pelvis aligned with the seat bones pointing down. The natural center of gravity for humans is right in front of the spine. Be aware of your tendencies and be vigilant in maintaining correct alignment.

Next they addressed the four phases of the half halt: activating (with the leg), engaging seat and upper body, allowing with the inside rein, closing the outside rein and then again activating, thereby starting the whole process over again.

They emphasized that timing of the half halt is critical and as previously mentioned, this was slippery topic to grasp for all of us. When we were queried as to the proper timing for the half halt at the trot, we all had differing views! Jeanne remarked that this type of confusion was not uncommon. According to Jeanne, the time for half halting (shifting your body upward and closing fingers on the rein) in the trot is when the horse’s outside shoulder is coming toward you. So you would activate with the inside leg just before that, when the outside shoulder is moving away. In this way, you would be activating the inside leg while it was in the air and sending that energy into the outside rein.

This timing of the aids came up again in a lesson with a rider riding a more advanced horse. When riding the half pass, Jeanne stressed opening your inside knee, and the outside shoulder and rib cage so that they are facing the direction of travel. Weight should be on the inside seat bone, with the horse’s front feet pointing to the corner/destination. Both your thumbs and your shoulders should also be pointed to the corner/destination. The primary leg aid for half-pass is the INSIDE leg. The only two movements that a horse does not look in the direction of travel are the shoulder-in and the leg yield. In order to influence the horse’s foreleg, apply your aid when that foreleg is still on the ground. Conversely, in order to influence the hind leg, i.e. to take a bigger or quicker or longer step, use your aid when that leg is in the air.

The following are more notes from discussions at lunch:

Consider the image of shaking a coke can up when creating the energy needed for collection. Extension is the release of that energy (in a controlled fashion). The ultimate form of collection, piaffe is a springing off of the ground rather than merely stepping.

In all riding, begin with the quality of the working gait. Aim for energy, but with unchanging tempo and the rhythm of a metronome. Develop feel for these things from a correct position. Sarah noted that the old German style of dressage, i.e. the driving method, is over. At this point, two resources were cited as worth checking out; a video on YouTube about Edward Gal which is in two parts called "Taming of Totillas" and also either the book or CD, "Rider and Horse, Back to Back," by Susanne Von Dietz.

Somehow from there, we segued into a discussion of the lateral walk. It can be caused by a rider’s tight seat muscles. Often it can simply mean the horse is not accepting the bit. Often there is tension in the back. Use the trot and canter to improve the walk. For a horse that rushes in the walk (and also for a horse with lateral tendencies), leg yield in both directions.
The clinic with Roy was a great experience for me. It really helped me to get Arthur focused on what I wanted him to do and not his surroundings. Roy had me working on circles and in each quadrant doing something different. In the first quadrant I would focus on bending, then in the next pushing Arthur forward. By the end Arthur was moving forward and more willing to listen to me.

I had an overall very positive experience at the clinic. I brought my experienced horse, Kaylah, who thinks she knows everything and can be a bit tricky on the flat. Roy had me work on getting her more through and relaxed especially in transitions, and we experimented with changes in bend, lateral work, and different school figures to work through them. Kaylah caught on pretty quickly, and the exercises certainly challenged both of us. It was a great learning experience, and there was no better place to ride then in Linda’s incredible indoor.

Roy Toppings seemed to like my non-traditional dressage pony Uptown Uli, DEFHR. He focused on her positive qualities and on best next steps for her training. After watching me ride he narrowed our lesson to a few areas needing the most improvement.

We worked mainly on collection with full-halts, half-halts, and walk-trot and trot-canter transitions on a large circle. We did a lot of repetitions with small modifications each time. When training a horse, Roy says that some anticipation is good because it helps the horse learn without frustration. By the end of the lesson, Uli was moving in a more collected frame.

Roy pointed out that I could improve my riding by keeping my head up and always looking forward. He explained that from a horse’s back you really can’t see the important things, referring to the pony’s back-end. Also, when looking down, the rider’s weight and balance is shifted forward making it more difficult for the pony to be light on her forehand. He also worked with my hands and getting better contact by keeping my fingers tightly closed. Roy also helped me with the stretchy trot and keeping better contact to give my pony more to stretch into.

I had a lot of fun at the clinic with Roy. We worked on several things at Second Level to improve my scores and also worked on our flying changes. Roy gave me several different tools and exercises to try that could help me improve the changes. He also gave me several tools to improve other movements and ways to strengthen his hind end since he is recovering from surgery. I enjoyed the clinic and hope that PVDA puts on another one soon! I would like to thank Linda Speer for letting us come to her farm, PVDA for putting it on, and Roy for such an awesome clinic!

I thoroughly enjoyed my clinic with Roy Toppings. Everytime that I have ridden with Roy I have learned something new, from feeling that light and comfortable form of collection to engaging that lazy hind end. It’s always wonderful to gain different exercises and tips to keep my boy Cordi supple and balanced. Roy also has taught me to push myself out of my comfort zone and try new movements. Sure, they won’t look pleasant the first time around but there is a guarantee that they will be beneficial in the long run. My favorite part about the clinic was that I walked out of the ring with a smile on my face. I have come to the conclusion that when that uncontrollable
grin stretches across your face from ear to ear, your accomplishments for the day are made and the partnership between horse and rider strengthens. Roy definitely gave me that feeling throughout the two days that I participated in the clinic. I appreciate all of Linda Speer’s and PVDA’s hard work and planning to give us riders this great opportunity. I also thank Roy Toppings for giving me the pleasure to ride with him.

Victoria Ridgway
I am very thankful to have had the opportunity to do a clinic with Roy Toppings at Linda Speer’s wonderful facility. His unique teaching skills help me improve a little more every time I ride with him. Throughout my lesson Roy challenged me to perfect my renvers and master the counter canter, preparing me to ride First Level Test 3 by the end of this show season. I’d like to thank PVDA for sponsoring the clinic to help out young riders like me.

Annabel Winters-McCabe
I really learned a lot from riding my horse Gorbachev, a 23-year-old Arabian gelding, in the Roy Toppings clinic. My connection with him has improved very much since then. The day after the clinic I rode and noticed a considerable difference in the quality of my ride while using the techniques I had learned the day before. I think what really made a difference was my understanding of a horse being on the aids. The connection one is supposed to have with a horse for it to be on the aids was described by Roy as a handshake; my handshake was “too limp” for my horse to comprehend what I asked. That being said, the problem was identified and now I better understand the amount of connection I need to have with Gorby so that I can have him on the aids. Since then, our rides have been much more productive and he has more willingly come on the aids for me because I know how much to ask.

Another thing I learned is that Gorby’s haunches tend to come towards the center of the arena. To help align him more, I learned how to use shoulder fore in the canter to strengthen his hindquarters and encourage straightness. In my lesson a couple days later with my trainer, Ms. Linda Speer, we did a similar exercise to the one I did in the clinic with Roy, for the same purpose.

The clinic was very educational. I have improved my connection with Gorby and feel more prepared for the upcoming show season. We are continuing to build on what was said in the clinic and use it daily in our rides. I look forward to when there is another, and wish to thank

Ms. Linda Speer for hosting the clinic at her lovely facility in Clarksville.

Emmy Benton
It was great to get out for the first time of the year with Nekyia (Chino) and have the chance to participate in a clinic with Roy Toppings at Stonebrook Farm. Mr. Toppings provided a great learning experience and valuable training techniques. If you ever have the opportunity, I would highly recommend Roy’s clinic. I’m also grateful for the professional education and knowledge that the PVDA organization offers young riders.

Megan May
My clinic with Roy Toppings was a great experience! I learned new exercises to practice in order to help both me and my horse go up in the dressage levels. Roy was especially helpful in teaching me to focus on having Tower move better from behind and responding quicker to my leg. I noticed a big improvement in how Tower was moving by the end of our lesson. I’m grateful for the Stonebrook Farm arena which was dragged and comfortable and also had a great sound system. Thank you PVDA!
Ride Times

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by Pikeur and Grand Prix
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&
Konig Boots Fittings

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www.ridetimesllc.com
Lucky Cricket Farm, LLC

By Deanna Williford

Lucky Cricket Farm owners, Mary and Mike Russell, are looking forward to hosting three PVDA schooling shows this year. Realizing that Southern Marylanders needed a nearby venue in which to compete and earn scores towards year-end awards, they are inviting competitors to their lovely farm. It features a well-drained warm-up ring and a Coverall Indoor arena with a comfy observation room for spectators. There is adequate parking on crushed gravel as well as turn-around possibilities for those of us who are not adept at backing up our trailers! Located in Huntingtown, Md., and only 30 minutes from the Prince George’s Equestrian Center, a unique feature of their shows is the potluck lunch. So bring goodies to share with others!

The Russells, married 29 years, purchased the farm in 1986 and installed their arena (with 30 foot high ceiling) in 2006. It had been a cattle farm and came complete with its own "junkyard." Currently, they have nine boarders and eight horses of their own. Six of the eight are school horses and all (even the 28-year-old Morgan) are competition horses for their students. Stabled at the farm are a wide variety of breeds including Saddlebred, Andalusian, Appaloosa, Morgan, and TBs. The barn is well ventilated with supersized fans as is the indoor, keeping it comfortable for horses and riders even on the hottest of days!

They know how to have a good time at Lucky Cricket Farm and how to keep their riders motivated throughout the year. The Winter Series shows keep everyone motivated and it builds camaraderie. The Youth Quadrille practices every Wednesday and is usually coached by breast cancer survivor, Ann Newton. They are keeping their fingers crossed that they are accepted to perform for the Ride for Life in June. Dressed as pirates, the 8th and 9th grade riders perform to music from "Pirates of the Caribbean."

More fun and laughs happen at their shows with games like Pony Express, Ride a Buck, Egg on a Spoon, Keyhole Race, trail class, musical chairs, jumping, gymkhana, and even barrels! All you need is a horse, helmet, and boots to compete.

Schooling Shows are scheduled for May 12, July 29 and September 29, and if you are unable to ride, but would like to volunteer, please contact Mary at 410-610-4849 and enjoy the day at this welcoming farm.

Center photo: Lucky Cricket Farm youth quadrille team, left to right: Anabelle Cimoli on Cheyenne, Mariah Johnson on SS Shadrach, Abby Krohn on Solsticio, and Deborah Athens on SA Pentacle. Photo provided by Mary Russell.
VADA/Nova is pleased to announce
an auditor-friendly clinic with
Canadian Olympian
Jacqueline Brooks
"The Climb to the Olympics;
Using the Training Scale to Maximize your Horse's Potential"

June 22 & 23, 2013
Morven Park, Leesburg, VA

Jacque Brook was a member of Canada’s
Olympic team with Gran Gesto in 2008 and then again
with D Niro in 2012. She and D Niro also won the
Musical Freestyle at Dressage at Devon in 2012.
To find out more about her, visit her web site
www.brookhavendressage.com

Clinic Fees (volunteer bucks welcome)

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Complete rider application and auditor form is on our web site.
Visit: www.vadanova.org and go to the calendar page

photo by Cealy Tetley

photo by Cealy Tetley

The PVDA Newsletter
Volunteers Needed

2013 PVDA Licensed Shows

Spring Show
May 18-19
Morven Park
Leesburg, VA

PVDA Ride for Life
June 22-23
PG Equestrian Center
Upper Marlboro, MD

Summer Showdown & ATC
July 6-7
PG Equestrian Center
Upper Marlboro, MD

Loch Moy
August 31
Loch Moy Farm
Adamstown, MD

Please check off which job you’d like us to hold for you!

☐ Office Assistant: help secretary before & during show
☐ Scribe: write test comments from the judge
☐ Scorer: score test sheets
☐ Runner: carry tests from scribe to scorer
☐ Ring Steward: monitor traffic, help riders keep track of ride times
☐ Warm-up Ring Steward: Same as above
☐ Equipment Check: check bits, whips, and spurs
☐ Show Logistics: check bits, whips, and spurs
☐ Float: work with volunteer chair, touch base with volunteers in the field, office assistance and looking after judges as needed.
☐ Distribution of volunteer goodie bags and work credits as needed.

☐ Spring Show ☐ Ride for Life ☐ Summer Showdown & ATC ☐ Loch Moy

Your Name: ___________________________

Email: ___________________________

Phone: ___________________________

PVDA appreciates every one of our volunteers and to say “thanks” volunteers receive a $10 credit for a schooling show or clinic entry, membership dues, or the annual awards banquet, as well as a $10 credit for Dover Saddlery. Volunteer hours are required to qualify for year end awards.

Please mail to Mary Sue McCarthy, PVDA Volunteer Chair, 1501 Berwick Rd, Baltimore, MD 21204
Or email to marysue@equusmediation.com

Have questions? Call Mary Sue 410.979.7744 or Christina Dale 301.247.6043
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: June 2013; DEADLINE: MAY 10; DISTRIBUTION: early June 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:** classified@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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newsletter@pvda.org for information

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**Potomac Valley Dressage Association Membership Application 2013**

PVDA is a USDF Group Member Organization and PVDA members are automatically USDF Group Members. **THE PVDA MEMBERSHIP YEAR RUNS FROM JANUARY 1 THROUGH DECEMBER 31.**

I wish to apply for the following:

- [ ] 1 year
- [ ] 2 year
- [ ] Life
- [ ] Junior Affiliate (under 18)*
- [ ] Young Adult (18-21)*
- [ ] Adult*
- [ ] Family (priced for two)* **

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*Each add. family member (over two) is $20 each extra (1 yr. USDF) or $40 each (2 yrs. USDF)

- [ ] Senior (65 and over)
- [ ] Patron
- [ ] Business Affiliate

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I have previously been a member

- [ ] yes
- [ ] no

Name_________________________________________

Family PVDA Members ___________________________

Street _______________________________________

City/State/Zip _________________________________

Telephone ________________________________

E-mail ______________________________________

USDF Membership No. _________________________

Primary GMO ________________________________

* If under 21, give birth date (for special USDF awards) _______________

[ ] Do not mail my phone no. in the PVDA Membership Directory.

[ ] Do not mail my email address in the PVDA Membership Directory.

I would like to donate an additional amount for a trophy $ ___

I would like to donate an additional amount for Ride for Life $ ___

I would like to volunteer:

- [ ] show scribe
- [ ] show manager
- [ ] show scorer
- [ ] show ring steward
- [ ] show runner
- [ ] set up/breakdown
- [ ] show (other)
- [ ] computer skills
- [ ] advertising/marketing
- [ ] write articles
- [ ] anything

Please check the following that apply:

- [ ] dressage judge (grade) ______
- [ ] dressage trainer
- [ ] USEF technical delegate
- [ ] dressage instructor (level) ______
- [ ] breeder (breed) ______

[ ] Do not send me a printed newsletter.

(Newsletters are available online at www.pvda.org).

Please complete the membership application and mail with your check payable to PVDA. Regular first class mail only. No certified mail will be accepted.

Send to:

Michele Wellman, PVDA Membership Coordinator
9205 Bessie Clemson Rd., Union Bridge, MD 21791

For more information about PVDA, contact Michele Wellman, membership@pvda.org or 301-873-3496.
APRIL PVDA BOARD MEETING
Date: April 1, 2013; Meeting #525
Location: Linda Speer’s Farm in Clarksville, Md.

ATTENDANCE
Board Members Present: Betty Thorpe, Carolyn Del Grosso, Rebekah Lusk, Kate Burgy, Alie Packard, Ingrid Gentry
Members Absent: Linda Speer

COMMITTEE REPORTS
Chief Technology Officer: The first shows are on the website and the new process for managing shows is in place and working. One third of the managers have attended a training session and the rest should be scheduled.

Education: Robert Dover has expressed an interest in coming for our 50th year to give a forum.

Finance: Carolyn said money is coming in for the shows and there is one significant invoice to pay. PayPal Account: $1,917.09; General Fund: $7,512.93; Schooling Shows: $3,268.65; CDs: $15,115.50; Chapter Funds: $12,737.38. Total: $40,551.55.

Fundraising/Marketing/Sponsorships: The wording has been finalized on the sponsorship forms which are on the Ride For Life website. Anyone contacting a potential sponsor should coordinate efforts through Pat, Jeanette or the Ride for Life website. Anyone contacting a potential sponsor should coordinate efforts through Pat, Jeanette or the Ride for Life website.

Governance: The updated By Laws were approved so the next step is to reach all the members for a vote of approval. Some members have opted out of the newsletter as well as the enews, so we need a separate mailing to the membership for the By Law approval.

Membership: Renewals for 2013 are up to 834 members which includes 113 new members and 84 who renewed after a lapse of more than one year. New members should note that they are not included as a Group Member to USDF until their membership is sent to USDF, which may not be immediately. New members should note that they are not included as a Group Member to USDF until their membership is sent to USDF, which may not be immediately.

Shows Recognized: Spring Show entries are starting to come in. This show was not listed in the first eblast from Region 1, which was corrected.

Shows Schooling: There was another manager training session attended by six, trained by Allie Packard. The Mountain View show is closed, and ride times posted. The wording has been finalized on the sponsorship forms which are on the Ride For Life website. Anyone contacting a potential sponsor should coordinate efforts through Pat, Jeanette or Rebekah so efforts aren’t duplicated.

Ride for Life: George Williams has agreed to be the special guest this year. The Dancing Horse Challenge is full but we need back up riders. We still need help getting sponsors and donations for the Silent auction, as well as volunteers. Jocelyn will find ten fresh volunteers to work from 4-6PM on Sunday for the tear down to give the show volunteers a break.

COMMITTEES OF THE BOARD
For complete contact information see www.pvda.org

- 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
  - Jocelyn Pearson (chair), Kate Burgy, Camilla Cormwell, Christina Dale, Deanna Williford

- Finance/Budget (PVDA Treasurer, Schooling Show Treasurer, Scholarships)
  - Carolyn Del Grosso (chair), Kate Burgy, Layn Lesniewski, all committee chairs

- Fundraising/Marketing (Sponsorships, Social Media, Advertising, Public Affairs)
  - Rebekah Lusk (chair), Michele Wellman, Hilary Moore-Hebert, Deanna Beal, Pat Artimovich, Jocelyn Sicoli, Beth Collier, Jeannette Bair, Christina Dale

- Governance (Nominating, Association Insurane, Bylaws and Constitution, Legal Counsel)
  - Rebekah Lusk (chair), exec. comm., Deanna Beal, Betty Thorpe

- Membership (Chair, Michele Wellman)
  - Michele Wellman (chair), membership@pvda.org

- Newsletter (Monthly Issue, Calendar of Events, Membership/Service Directory, Mailings)
  - Kate Burgy (chair), Mary Sue McCarthy, Hilary Moore-Hebert, Jocelyn Pearson, Camilla Cormwell, Deanna Williford

- PVDA Library/Documents (Archives, Library Books, Library Videos)
  - Betty Thorpe (chair), Marla Stoner (books), Jennifer Tingley (video)

- Riders (Advanced Young Riders/FEI, Junior/Young Riders, Adult Teams)
  - Linda Speer (chair), Hilary Moore-Hebert, Betty Thorpe, Jocelyn Sicoli

- Partners and Allies (Maryland Horse Council, National Liason, GMOs)
  - Jocelyn Pearson (chair), Deanna Beal, Betty Thorpe

- PVDA Library/ Documents (Archives, Library Books, Library Videos)
  - Betty Thorpe (chair), Marla Stoner (books), Jennifer Tingley (video)

- Special Events (Awards Dinner, Horse World Expo, Special Events)
  - Linda Speer (chair), Shari Glickman, Ninja Nissen, Deanna Beal, Deanna Williford

- Volunteers
  - Mary Sue McCarthy (chair), Alie Packard, Shari Packard (CTO)

- Website
  - Shari Packard (chair), Alie Packard (CTO)

- Finance/Budget (PVDA Treasurer, Schooling Show Treasurer, Scholarships)
  - Carolyn Del Grosso (chair), Kate Burgy, Layn Lesniewski, Michele Wellman, Pat Artimovich

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  - Mary Sue McCarthy (chair), Alie Packard, Shari Packard (CTO)

- Website
  - Shari Packard (chair), Alie Packard (CTO)
Attention Junior/Young Riders

PVDA Wants You for the Region 1 North Youth Competition, JULY 27-28, 2013, at Morven Park in Leesburg, Virginia

PVDA will send a team in every division, starting with USDF Introductory Level. PVDA will pay for team tests and stabling.

Requirements:
1. Must be a PVDA member.
2. Send three tests judged by two different judges from any licensed show, or any PVDA schooling show, at the level you would like to show.
3. Volunteer for one day at any PVDA event.

Candidate Application
If you would like to be considered for the Youth Competition, fill out this application and send it with your three tests by June 25, 2013, to: Linda Speer, 6300 Guilford Road, Clarksville, MD  21029. This is NOT an entry!

Name______________________________________Age_________________________
Address________________________________________________________________
Phone_____________________________
Level you intend to compete at this season__________________________________
Horse’s name and age____________________________________________________

For more info contact Linda Speer, 410-531-6641, wlspeer@verizon.net OR Hilary Moore Hebert, 703-400-9108, info@mooredressage.com.