A Monthly Publication of the Potomac Valley Dressage Association • NOVEMBER 2013 • Vol. 49, Issue 11

The Potomac Valley Dressage Association
PVDA NEWSLETTER
dedicated to the memory of Sigrid Thomas

Make Reservations
Now for the
50th Anniversary Annual Dinner
on January 11

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PVDA member Jaralyn Finn and Le Herbert showing Intermediaire II at Morven Park.
Photo by Vickie Kirkpatrick.
November 2013

3  Annual Waverly-On-Chester Chapter Challenge, Entry Secretary Michele Wellman. See www.pvda.org
6-7  Uwe Steiner Clinic at Chesapeake Dressage Institute, Annapolis, Md. Visit www.ChesapeakeDressage.com or call 410-267-7174.
7-10 US Dressage Finals, Lexington, Kentucky. See www.usef.org
9-10 Jan Brons Clinic at Chesapeake Dressage Institute, Annapolis, Md. Call 410-267-7174 or see www.chesapeake dressage.com
9-10 Dressage Clinic with Susie Cain (susiecaindressage.com) at Breezy Run Farm in Church Hill, Md. For information contact Vicky Meyer evenings at 410-849-5436 or download from the website www.breezyrunfarm.com
9  FADS Schooling Show at Blue Horse Farm (for the benefit of the Frederick County Pony Club). See www.FrederickDressage.org
15-16 Julio Mendoza Clinic, sponsored by the PVDA Southern Maryland Chapter at Chesapeake Dressage Institute, Annapolis, Md. Cost is $120 for Chapter members, or $130 for non-members. $75 for semi-private lesson (two riders max). For more information contact Melissa Harlinski at mharlinski@yahoo.com
16 PVDA Junior/Young Rider Test Riding Clinic with Marija Trieschman, Stonebrook Farm, Clarksville, Md. Cost is $45 per session. Contact Linda Speer at wlspeer@verizon.net or 410-531-6641.
17 Marija Trieschman Clinic, sponsored by the PVDA Clarksville Chapter, Stonebrook Farm, Clarksville, Md. Cost is $80 per session. Contact Nancy Albrecht at albrecht.nl@hotmail.com or call 301-854-2588.
17 FADS Schooling Show at Celebration Farm. See www.FrederickDressage.org
23-24 George Williams Clinic at Chesapeake Dressage Institute, Annapolis, Md. See www.chesapeake dressage.com or call 410-267-7174.

December

4-7 USDF Annual Convention, Lexington, Kentucky

Send your 2013-2014 Calendar Items to calendar@pvda.org.
DECEMBER 2013 Deadline: November 10
Calendar Editor: Jocelyn Pearson
www.pvda.org for complete calendar
PVDA Schooling Shows on separate calendar
Annual Business Meeting

All members are welcome to attend the PVDA Annual Business Meeting on November 4, 2013.

The PVDA Annual Business Meeting will be at Linda Speer’s Stonebrook Farm, Clarksville, Md. All PVDA members are welcomed and encouraged to attend. The board meeting is at 7 p.m. Snacks will be provided. Contact Jocelyn Pearson for details at president@pvda.org.

PVDA Annual Awards Dinner is January 11

The PVDA will kick off its 50th Anniversary celebration with the Annual Awards Dinner on Saturday, January 11, 2014, at the Turf Valley Resort and Conference Center. Turf Valley is located at 2700 Turf Valley Road, Ellicott City, Maryland 21042. The cost is $45/per person for cash bar, hors d’oeuvres, dinner, and entertainment. E-mail Shari Glickman at shari.glickman@comcast.net with any questions. See ad on page 2 of this newsletter for the reservation form. This will be a special night, with many former and famous PVDA members in attendance. Mark your calendars now and join us!

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Congratulations to Kitty Martin and her pony, Moby Dixon, who attended the North American Sport Pony inspection where he received a First Premium. The pair also qualified to attend the BLMs this year.

The President’s Window

Only two months until our 2014 PVDA Annual Dinner and 50th Anniversary Celebration on January 11. Have you sent in your photos to Linda Speer? We want all your old photos! We hope to have all of our new and old members attend; won’t it be fun to see everyone again! We are very proud of each of you and how much you have accomplished. One example is former PVDA Board member Jane Seigler who is now the President of the Maryland Horse Council! Our beloved Jane was the director of Reddemeade Horse Center for many years, an attorney in her previous life and a USDF Silver Medalist. We just heard from Jane who reminded us that if you join the Maryland Horse Council...

Continued on page 14
A couple of us decided that we really wanted a chapter based solely on educational events and camaraderie. No red tape. No technicalities. Just a bunch of people getting together to enjoy one another and learn new things. We thought if we could get a good group that could brainstorm then the educational opportunities could be endless. Well, brainstorming is what we needed to do and we decided to have our first informal meeting during Derby Day at the Maryland Therapeutic Riding Program. On that day, the Tri-County Dressage chapter formed.

Since then we have had several meeting at various locations including Jo Ellen Hayden’s beautiful waterfront home that dates back to 1670 and Kate Niner’s 53 foot Hatteras Yacht! During the meetings everyone brings an appetizer to share while we are educated about various topics.

The first speaker was Dr. Debbie Williamson based in Southern Maryland. Dr. Williamson has been a practicing vet for 24 years and holds a FEI Eventing license. In 1995 she was hired to work at the Atlanta Olympic Games. During the Games she spent 10 days working on horses and even x-rayed a French rider. Five years later, she received her FEI license. Her role as a FEI vet is to make sure all FEI rules are followed. Horse ground transportation most be on the grounds at all times. Usually, this consists of two horse ambulances and two horse transports. The stabling is very secure and requires identification to

Chapter News continued on next page
gain access. She also brought some official documents to look over such as a FEI passport. One of her roles is to inspect each horse for soundness. This takes place with a jog, and if a problem is spotted, then the horse is placed in a holding area where he can be reevaluated.

During the next meeting we had Tigger Montague, founder of BiostarEQ, whole food supplements, speak to us. Tigger opened with a story about her Grand Prix horse that had developed lameness issues relating to inflammation of the bursa. Despite thousands of dollars in veterinary protocol and modalities, the horse was still lame and it was recommended by her vet to nerve the horse. That is when she decided to supplement her horse with some whole foods, to prepare his body for dealing with the stress of surgery. After her horse showed marked improvement, her vet encouraged her to find foods that would increase circulation, and Nitric Oxide. She started feeding her horse foods high in the amino acid Arginine, and he came completely sound without surgery. In the talk, she focused on metabolic issues, the rise of Genetically Modified Organisms (GMOs) in feeds and supplements, and the rise of arsenic in soils. She recommended having hay tested for arsenic content, verify what state the rice used in rice bran supplements and feed is from (low arsenic state is California), and supporting the micro biome of the GI tract with active probiotics.

Tigger managed to get us all fired up about what exactly we are feeding our horses.

Our next speaker was Jeff Miller from Blue Seal who spoke about the company and GMOs—the good and bad. He answered a lot of questions. Blue Seal was established in 1868 and the amount of money that goes into research and development of their products is staggering. Some key points of his presentation:

- If you give antibiotics, you need to use a probiotic
- Horses stomachs are always producing acid
- Horses do not get nutrients from whole forms of corn or barley
- Blue Seal’s, Min-a-Vit lite is a mineral vitamin supplement designed to balance nutritional deficiencies of grass/mixed legume hay

During the month of September we invited Lilla Marhefka, PhD, HFS, CES, CSCS, to speak to us about the particular type of bodywork she does with riders. Lilla is the founder of Movement Control Specialists, which serves the MD/VA/PA region. While her work incorporates exercises from the Australian Physiotherapy and Pilates Institute, she spoke to us about some of the principles and concepts of the Postural Restoration Institute (PRI) that she is effectively applying to riders.

Her lecture, “Is My Seat Neutral in All Three Planes of Motion?” included ribcage and pelvis awareness exercises, and illustrations of pelvic movement with skeletal models. Much of her talk focused on the role the diaphragm plays in postural balance and effectively accessing your seat. The evening was highlighted with insightful questions, great discussion, and willing participants.

The plan for the next meeting is to figure out our schedule for the coming year. Treat yourself to some fun. For more information, contact Hallie Ahrnsbrak at hahrnsbrak@federatedlighting.com or Julie Gross at juliegross@comcast.net.

**Charles County**

**Jaralyn Finn Clinic (Part II of a multi-part article from last issue)**

**Paula and Freedom**

Paula rode her 17 year old Thoroughbred mare, Freedom. They are fairly new to dressage and Jaralyn worked on improving Paula’s alignment of her shoulders, hip and leg.

In order to get her sitting deeper and with a longer leg, she asked her to ride for a bit without stirrups. As Paula put her feet back in the stirrups, Jaralyn remarked, “you will probably feel like they are too short now.” Sure enough, she did, and they decided to lengthen them a hole.

They then worked on posting at the trot and the position of her body during the trot. Jaralyn pointed out that the trot is “more forward and back” than “down and up.”

When I spoke to Paula a few days later she said, “I was surprised at how much better I feel in the seat since she had me lower my stirrups just one notch. I actually feel more in control and I have been able to keep my legs down going into the canter. I think my Freedom really likes that a lot. Also, I have been working on the relaxation techniques she was teaching me.”

**Alysha and Charlie**

Alysha rode her 12 year old Danish Warmblood gelding, Charlie Dare. They are showing at Training Level 3 and training at First Level.

They began the lesson like all the others—demonstrating to Jaralyn where they were currently by walk, trot, and...
cantering to warm up while she watched carefully. After her careful evaluation, she began some work to get the inside hind leg to step underneath his body more. One of the exercises was to use a little leg yield, pushing to the outside. As they worked through this exercise, Jaralyn reminded Alysha to make sure “when you have flexion to the inside, be sure he doesn’t fall into the inside.”

After they got the leg stepping underneath, they moved to the “1 2 3” exercise she had used during the earlier lessons to get more impulsion. The process was the same with Alysha and Charlie. At one point when they hit the “3,” Jaralyn congratulated them on the “fart kick”—a kick enough to wake up every part of your horse! She also reminded Alysha that she needed to verbalize when she was hitting each phase because she “shouldn’t be able to see when she is doing #1.”

Bayside

Dressage and Jumper Derby

The joint venture between Prickly Pear Farm in Millington and the PVDA Bayside Dressage Chapter was a first of its kind and it was a success!

We had gorgeous weather, good food, the farm was picture perfect, and the day ran smoothly. A huge thank you and shout out to all of our wonderful volunteers: Mary, Meagan, Anna, Velvet, Lori, Anne and the cooking crew as well! Our events are not possible without you! Thank you also to Kingstown Feed and Supply, Chestertown for donating the prizes for both division winners and the OTTB award.

Congratulations to Bayside member Nicole Frigon and her lovely grey OTTB mare Natural Charmer for winning the Intro Derby Division as well as capturing the highest dressage score for an OTTB! Congratulations also go to Megan Byrne, from the Eastern Bay Pony Club in Queenstown, and her Paint horse Smitty, who won the Beginner Novice Division. Jane Kirby with Slim Shady won the Dressage Only division.

For complete results visit www.baysidedressage.com/.

Shore Dressage

On September 14 Deri Jeffers gave a Dressage clinic at her Sunset Bay Training Centre in Onancock, Va. Since this was the weekend before the September 21 Shore Schooling show, Deri decided to give the riders the option of practicing movements with the tests that they would be riding, even though this was not a Fix-a-Test clinic. Prior to the first mounted session, Deri gave a brief talk on Dressage and how it benefits all equestrian disciplines. This was especially beneficial as most riders were hunt seat riders eager to learn how their horses could become better jumpers through Dressage training. Deri requested some brief unmounted ground work from the auditors. She talked about Sally Swift’s four Basics: soft eyes, breathing, centering, and building blocks, as well as Eckart Meyners program for better riding. The group of
seven riders stood in the arena practicing their breathing, using soft eyes, centering and identifying building blocks for each other. Then everyone skipped around the arena winging arms and leaping in the air to show how loose and supple they can become. This introduction helped the riders be aware of their body and how it affects the horse.

Lucy Taylor was on a 5 year old 17.1h very green and handsome paint who was still growing into his very large joints. They worked slowly on walk, trot transitions, 20 meter circles and some 1/2 circles as well as changes of direction and some work walking over ground poles. His tendency going into the trot was to “spurt” forward so frequent half halts were used to maintain the rhythm. Deri also set up cones to identify the circle line so the big boy, named Seriously, had a better guideline as to how to bend on the circle. He improved tremendously and his owner Heather Powers was very pleased, not to mention Lucy!

B.J. Martin and her darling paint mare Annie will be showing Intro B so they worked on the movements within the test, especially straightness on the centerline and halts, as well as medium to free walk transitions. Deri mentioned that even at this level the transition from medium to free walk is an important longitudinal suppling exercise. They also did some suppling, bending exercises such as six loop serpentines within the quarter lines. B.J. is looking forward to having successful rides.

Thirteen year old Rose Murphy, on her newly acquired 13 year old Chestnut TB mare, is new to dressage so she worked on building blocks to keep them aligned. Since Rose will be showing Intro C she worked on the canter and keeping her balance with correct bend on the circle. Deri also emphasized the importance of a straight center line as this is the Judge’s first impression and so it needs to be straight with a square halt and a big smile as she salutes! Rose and Jenny will have a positive first Dressage Show experience!

Christian Flournoy was on her big gorgeous 13 year old bay mare, Bells and Whistles. Christian has been riding Bells for a while, so they have a good rapport, but Bells is big and strong and Christian is very petite, so Christian needed to learn to use her half halts effectively. They did a lot of transition work between all three gaits and were able to get Bells to become more engaged and lighter in the forehand. Since Christian will be riding Training 3 she worked a lot on the stretchy circle, especially the transitions in and out, and really setting Bells up by asking for a rounder and more collected trot prior to asking for the downward stretch. This improved a lot and Christian will do well next weekend.

Alex Dagostino was on Augustus, a handsome 13 year old gelding who also responds to the name Gus and whom Alex loves! Since she will be riding Intro B she primarily worked on walk/trot transitions. However, Gus became rather spooky at one end of the arena. He would get his head up and swing his haunches and Alex would try to correct the disobedience by raising her hands and try to turn Gus away from the spooky area. Gus did not understand what Alex was trying to do. Deri first had Alex lower her hands to keep Gus’ head down and then to bend him slightly in the neck away from the spooky spot while using her inside leg to gently push him into the corner while asking him to go forward. Eventually, Gus caught on and became much more obedient and forgot there was anything to spook at. They then proceeded to work on the test movements and finally were able to ride through the test gracefully.

Laura Flournoy rode her big, handsome 17 hand warm-blood Riggins. Riggins knows that he’s handsome and likes to use his good looks to his advantage! Laura will be riding First 1, as well as the First Level rider test, which is extremely busy with one challenging movement after another. They concentrated on these movements which include turns on the forehand, leg yields, lengthenings at trot and canter, as well as canter loop serpentines with a few trot steps on the center line. The business of the test was good to keep Riggins mind occupied, but first Laura had to get his mind to work for her. Laura started with slow, relaxed transition work at all three gaits on loops, 1/2 circles and 20 meter circles. As Riggins relaxed, they were able to work on leg yields. Like many horses he wanted to lead with the shoulders, so they worked on moving the haunches first and then asking the shoulders to follow. Eventually he caught on and offered some good leg yields. There were so many small and important details to work on the pair concentrated on improving the basics rather than improving the lengthenings. As Deri told Laura, “Rome wasn’t built in a day and in dressage in particular it’s more important to go slow and be correct rather than do all the tricks at the expense of the basics.” Laura thoroughly understood and she will have some fun rides next weekend. This was a fun and successful clinic for all riders as well as auditors!
PVDA’s 2014 Fall Symposium welcomed Christoph Hess from Germany. Christoph brought to Maryland and our host facility, Alsikkan Farm, “top class” exercises, philosophies, and principles for horse training which along with Christoph’s high spirit, delighted audience members, riders, trainers, and horses (we hope) alike.

Twelve different and diverse horse and rider combinations participated and spanned the training scale from young horses to schooling Grand Prix. Christoph was thrilled to see the schedule was arranged to present the levels in ascending order and spent significant time and attention explaining the fundamental building blocks which line the ground floor of any training system. Though his methods were self-categorized as classical dressage, Christoph was adamant that the correct foundation of training for all horses should be the same, with the same goal: to make each horse happy through their body and interested in the work.

The weekend was full of Christoph’s encouraging suggestions, jokes, and support for the horse. The audience was asked to participate in observing the sights and sounds, and engaged in analysis and solutions. Everyone was made to feel like an expert and a colleague. While the knowledge imparted could fill books upon books, a few common strategies are summarized here.

A Balanced Rider Makes a Balanced Horse

Christoph discussed the use of the rider’s weight to influence the horse throughout many of the lessons. He described a positive rider position as being intuitive to the movement of the horse, allowing the horse to move forward. Christoph also instructed several riders to employ a light or half seat during trot and canter work especially at the beginning and end of each ride. Sitting forward and out of the saddle allowed the horses to move more freely and to lengthen their strides without interference from the rider’s weight. This position was recommended on young horses as Christoph advised that the rider of a young horse should sit like a visitor on his back. Christoph acknowledged several riders with particularly balanced seats explaining that the correct balance of both horse and rider is one that allows the horse to move swinging through their body in correct rhythm in each gait.

Half-Halt Yourself

Christoph instructed many riders to swing into the downward transitions with their seat, in sitting position, and while looping the reins. Each horse and rider was given the opportunity to practice this exercise in preparation for more collected work and to maintain their horse’s impulsion. At first it proved to be a difficult task with some horses continuing to trot forward on the circle instead of walk. Christoph advised the riders to be patient for the transitions and to encourage their horse’s activity without using pressure on the reins. After a few attempts the horses responded to the rider’s swinging seat and came into the downward transitions willingly. Christoph described the necessary physical changes in the rider’s body language to communicate a half-halt and encourage the downward transition: “belly button and toes up!” Trainer Ginny Class offered a phrase, “half-halt yourself” which Christoph appreciated.

Using Lateral Work to Improve Downward Transitions

Pressure from the rider’s inside leg was a very common tool used to improve the downward transitions. Whether a particular horse was sensitive or lazy, riding a few steps of lateral positioning helped to maintain the horse’s activity and soften their top-line, leading to balanced and flowing transitions. Depending on the horse’s level of training, Christoph recommended the riders use leg-yield, shoulder-fore or shoulder-in. As Marne Martin Tucker worked Quarterflash through several transitions from trot to walk shoulder-in, the horse’s shoulders grew taller and he came into better self-carriage. Quarterflash, having a natural tendency to carry uphill, and three gorgeous gaits, was further improved by this exercise. Brittany Kuntz was instructed to use the same exercise for her gelding Heat Inndex but for a different reason. Brittany was able to calm her horse, who was at first sensitive to the new environment and reluctant to transition downward. By yielding Heat Inndex from Brittany’s inside leg, the horse became more relaxed and willing to swing with his back into the transitions.

Lunchtime Demo

Event trainer Tik Maynard presented “An Introduction to Horsemanship” during the lunch hour on Saturday and Sunday. Tik worked with Electron, a 4 year old gelding who he started under saddle several months earlier and rode in the symposium as well. The demonstration included work on a line, at liberty, and on a pedestal.
With the perfect music to match, Tik and Electron showed how a trusting relationship between horse and rider yields harmony and fun in and out of the saddle.

**PVDA Events and the Education Committee**

Our committee was proud to bring you this event and dedicated to expanding PVDA’s educational offerings going forward. Planning for 2014 has already begun. Our events will include our annual Tea Is for Training, a USDF Adult Clinic with Hilda Gurney on April 12-13, and a fall symposium. PVDA’s Education Committee includes members Stacy Gallagher, Camilla Cornwell, Meghan Truppner, and Jaclyn Sicoli. Your involvement, comments, and suggestions are welcome. Just send us an email.

**Thank You!**

Huge thanks to our gracious hosts Mike and Hilary Hebert Moore. Our many volunteers: Camilla Cornwell, Steve and Rebekah Lusk, Jane Dallimore, Ellen Buck, Marguerite Kearney, Mimi Mack, Jocelyn Pearson, Christa Treager, CJ Ahonen, Luke MacDonald, Betty Thorpe, Stacy Gallagher, Julie Kingsbury, Rachel Berlage, Mary Sue McCarthy, Kate Light, Siobhan Byrne, Kerry Jacobs, and Megan Lau. Our professional videographer was Carol Havelcka. PVDA Educational Sponsor was Dover Saddlery. Our vendors were Sports Innovations LLC and Lisa Esposito Faraone with Equine Body in Balance.
Meet a Volunteer

Mimi Mack

Name, Birthplace, Education: Mimi Mack, Hawaii, BA in Theater from Marymount College

Family: Husband, David (married 33 years); two daughters, Courtney and Brittany; and one amazingly cute granddaughter, Olivia. Although I tried so hard to get my girls interested in horses, neither one was, but I’m counting on Olivia!

Employment: At the moment I am Happily Unemployed but do part-time home organizing with a friend, and babysit my granddaughter.

PVDA volunteer experience: I regularly volunteer as a Ring Steward, and I was the Volunteer Coordinator for this year’s Ride For Life Dancing Horse Challenge. I recently volunteered at the Christoph Hess Symposium—a fabulous learning experience.

Most memorable volunteer experience? Ring Stewarding Ring 2 at Morven Park—the rider entered at A and as she approached X, a red balloon came floating down from the sky and landed behind the horse. I was so astonished, I froze, but a spectator darted in and grabbed the balloon before the horse or rider noticed anything was amiss!

Equestrian accomplishments: While in England, I took the British Horse Society Assistant Instructor courses in Riding and Stable Management and was awarded the top Rider Award for my class.

How did you first get into riding? My mother LOVED horses and she passed this on to me. During my first riding lesson, German instructor Col. Groff put me up on a horse (that I later found out had been in its stall all week). When he asked us to go to trot, the horse promptly bolted across the arena and I fell off—my poor mother just about had a heart attack, but I got to my feet and they put me up on a pony named Peter Pan, who took better care of me.

Name and breed of your first horse? As a child, we had a 14.2 pony named Raggedy Ann, of indeterminate breeding—but she looked like a Haflinger cross, and acted like the devil.

Current horse? I just purchased a 4 year old Oldenburg mare, Summer Sinclair, by Sir Sinclair in August, and I also ride my 14 year old KWPN gelding, Hats Off (Harry), who is up for sale.

Grand Prix horse would you like to ride? I was so thrilled when Great Britain won Gold at the 2012 Olympics, so I would have to say that the opportunity to ride Valegro would be top of my long list.

Grand Prix horse you have had the opportunity to ride? My trainer, Jackie Sicoli, has an incredible FEI schoolmaster, Figaro, who is going strong at 26 years old whom I have ridden. He teaches me how long this road called Dressage is…..

Most memorable horse experience? Probably when I got kicked in the head by Union Jack, my horse at the time who was on stall rest from an injury and who I was hand walking. Thankfully I had had his hind shoes removed the week before, or I probably would not be answering these questions.

Favorite place to ride? Hacking in England is incredible where I lived. Miles upon miles of bridle paths, through the countryside and small villages—heaven. Drivers are so
accustomed to being on the roads with horses that there is a section of the Highway Code manual devoted to proper “horse passing!”

Favorite dressage performance? Watching Charlotte Dujardin ride Valegro in the Musical Freestyle to British music always brings a tear to my eyes.

Favorite equestrian book? The Eighty Dollar Champion: Snowman

Favorite equestrian blog? Lauren Spreiser—she is so entertaining and informative.

Favorite place to travel? Our 30th anniversary trip to France, touring the Champagne region, the Loire Valley (where we visited the Cadre Noir of Saumur) and Paris was fabulous.

Last movie you saw? The Butler

Most daring thing you have ever done? Scuba diving, which I will never do again!

Title of your memoirs? The Ride of My Life
Horses for Sale
✦ ArabX bay mare. 14.3H, Lovely mover, doing lower level dressage. Has done low level xc and stadium jumps, but dressage is where she shines! Rider is sadly outgrowing and can’t keep two horses. Not for beg. Asking $1,200, but no reas. offer refused to good home, Molly Chaney, 410-294-1691 or email: wbchaney@verizon.net

Horses for Lease
✦ FEI Schoolmaster avail. for lease at either Pleasant Ridge Farm in Walkersville, MD or GoodNess Ridge Farm, in Mt. Airy, MD (both Frederick Co) now thru next show season. Has competed at Fourth Level this past season with an AA and is in exc. shape. In the past he has competed to I-1 and schools GP willingly. Safe and a true gentleman who will teach anyone to advance in dressage properly, mostly ridden in the snaffle. Will remain in training with owner/trainer, Jaclyn Sicoli, 609-651-6526 or email: pomdressage@gmail.com

Boarding
✦ ‘One stall coming avail. in Nov. 2013 for your special dressage horse. Top quality amenities and highly personalized care. Pvt. v/o and a really pleasant group of boarders. Freq. clinics w/internationally renowned trainers. See www.goodnessridge.com for more info, Shari Glickman, 301-351-5530 or email: shari.glickman@comcast.net

Wanted
✦ Pvt. Dressage/Eventing boarding facility seeks barn mgr./groom. Duties incl. barn chores, grooming horses, exercising and tacking horses, cleaning tack, and general farm work. 5 days/wk, 30-35/hours/wk.
The Classifieds is available to PVDA members only, at no charge, as a membership benefit. Classified advertisements (unboxed ads) are accepted by post or e-mail. Items submitted by e-mail are confirmed via e-mail. Type or print your submission and include your 2013 PVDA membership number. (The newsletter will not print any classifieds that are submitted without a membership number.) Classifieds MUST be received by the 10th* of the month to be distributed the following month.

e-mail classifieds@pvda.org or send to Shari Glickman, 
13979 Unionville Rd., Mt. Airy, MD 21771.

CLASSIFIEDS DEADLINE IS NOVEMBER 10, 2013

Zoe Witte on her new boy, Casac, Champions Second and above at the October 6 Schöneley Mill Park show. Photo by Staci Winters.

Kick Up Your Heels at the Annual Awards Dinner!

January 11, 2014
Turf Valley Conference Center, Ellicott City, MD

Cost is $45/per person for cash bar, hors d’oeuvres, dinner, and entertainment.

E-mail Shari Glickman at shari.glickman@comcast.net
See registration form in the newsletter
President’s Window continued from page 3
Council, either as an individual, farm or business member, PVDA will receive a rebate of 10%. For every PVDA member who joins the MHC as an individual, PVDA gets a rebate of $4. For every PVDA member who joins as a business member, PVDA receives $10, and so on. Just remember, you have to send your MHC membership application to PVDA. We will submit it for you so that we can get the donation. Of course, if you want PVDA to receive more “free” money, don’t forget to send in your proof of purchase coupons on your Southern States/Legends feed bags. We receive 25 cents for each of those.

The PVDA Board is working on several other projects that will be important for our members. Our Website Committee is busy developing a new website for 2014. You can contact Val Mallder, Christina Dale or Kate Burgy with any ideas you have. Do you enter a lot of shows? The Committee would love to know your thoughts about this. We are also planning to have most of the 2014 PVDA Show Ominibus schedule online, to better serve you. Due to our high volume of schooling shows there are often changes during the year. Instead of printing the show schedule in a booklet, which is sometimes outdated by the time you receive it, we are going modern! Another idea we had about schooling shows was to try to coordinate our show dates with other local groups so that we don’t all have our shows on the same days. If you run your own schooling shows and would like to participate in this effort, please send your show dates to calendar@pvda.org. If the local groups work together we can all have an amazing competition year in 2014.

Our PVDA Ride for Life Committee has already met for their first planning meeting for 2014. This shows you how far ahead we have to get started; is it 2014 already? Please sign up early this year to help at volunteers@pvda.org. Last year the Ride needed more than 100 volunteers.

As always, contact me any time, 703-771-3231.

Jocelyn

Jocelyn Pearson • PVDA president • president@pvda.org

Movement Control Specialists

applying the principles and concepts of the Postural Restoration Institute to improve rider self-carriage

Lilla Marhefka, PhD, HFS, CES, CSCS combines her love of functional anatomy, continued education with the Postural Restoration Institute, Australian Physiotherapy and Pilates Institute matwork, and expertise in strength and conditioning to address postural asymmetries. Integration of the body through these methods offers riders a unique and effective approach to achieving results that have previously eluded them.

visit www.EmpoweredRider.com

learn more about training options and educational lectures offered

*In this issue, Tri-County Dressage reviews the lecture: Is My Seat Neutral in All Planes of Motion?
PVDA Schooling Show  
Lucky Cricket Farm, Huntingtown, MD • July 14, 2013

The PVDA at Blue Horse Farm show was a resounding success despite the promise of hot and humid weather. We circumvented the weatherman and overall had a beautiful day for a horse show. There were 24 riders with 48 rides and only one scratch. Many thanks go to the show’s wonderful judge, Peggy Pariso (r), and her scribe Lisa Freund, who kept the show going right on time while providing valuable comments to the riders. Additional thanks go to the hard working volunteers, all members (and family members) of the Catoctin Chapter of PVDA: scorers Debbie Lomb, Samantha Lomb, Charna Moore and Stephanie Corum; ring stewards Debra Peebles, Gail Kohls, Donna Lucas-Maranto, and Dona Hoffman; and runners Heather Hunt and her very helpful husband. A final thanks goes to the riders and horses who exhibited great showmanship and character. We all had a pleasant and fun day. Leslie Raulin,

PVDA Schooling Show  
Blue Horse Farm, Jefferson, MD • July 20, 2013

The PVDA at Blue Horse Farm show was a resounding success despite the promise of hot and humid weather. We circumvented the weatherman and overall have a beautiful day for a horse show. There were 24 riders with 48 rides and only one scratch. Many thanks go to the show’s wonderful judge, Peggy Pariso (r), and her scribe Lisa Freund, who kept the show going right on time while providing valuable comments to the riders. Additional thanks go to the hard working volunteers, all members (and family members) of the Catoctin Chapter of PVDA: scorers Debbie Lomb, Samantha Lomb, Charna Moore and Stephanie Corum; ring stewards Debra Peebles, Gail Kohls, Donna Lucas-Maranto, and Dona Hoffman; and runners Heather Hunt and her very helpful husband. A final thanks goes to the riders and horses who exhibited great showmanship and character. We all had a pleasant and fun day. Leslie Raulin,
### Intro Level Test B - Division A
1. Chloe Nguyen / HS OuttaTheBlue / 73.125%  
2. Greta Jelen / Reddemade Cinnamon / 72.813%  
3. Alexis Berthold / Zee / 65.313/5

### Intro Level Test B - Division B
1. John Makle / Luck Of The Draw (Buck) / 72.500%  
2. Nicole Kurtz-Magill / Reno / 69.688%  
3. Marilyn Jackson / Snow in April / 68.125%  
4. Grace Blakeney / Zippo Passed The Bar / 67.188%  
5. Janet Beebe / Superstition / 63.750%

### Intro Level Test A and C
1. John Makle / Luck Of The Draw (Buck) / 69.688%  
2. Grace Blakeney / Zippo Passed The Bar / 66.000%

### Intro Level Test C
1. Nancy Twenhafel / Colorado / 77.500%  
2. Sara Mcleary / All That Glitters / 74.250%

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### USEA Tests

#### USEA TOC
1. Hannah Ong / Lump Sum / 68.261%  
2. Hannah Ong / Lump Sum / 67.000%

#### Intro Level Test A and C
1. John Makle / Luck Of The Draw (Buck) / 69.688%  
2. Grace Blakeney / Zippo Passed The Bar / 66.000%

#### Intro Level Test B
1. John Makle / Luck Of The Draw (Buck) / 72.500%  
2. Nicole Kurtz-Magill / Reno / 69.688%  
3. Marilyn Jackson / Snow in April / 68.125%  
4. Grace Blakeney / Zippo Passed The Bar / 67.188%  
5. Janet Beebe / Superstition / 63.750%

#### Training Level Test 1-2
1. Hannah Balderson / Impressive By Sonny / 68.214%  
2. Nicole Kurtz-Magill / Reno / 67.708%  
3. Catherine Ahnmsbrak / Belle Amour / 65.893%  
4. Jacqueline Rodriguez / Teddy Bear / 61.964%  
5. Marilyn Jackson / Snow in April / 56.607%

#### Training Level Test 3
1. Catherine Ahnmsbrak / Belle Amour / 68.400%  
2. Hannah Balderson / Impressive By Sonny / 65.600%  
3. Jacqueline Rodriguez / Teddy Bear / 58.400%

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### USEA BN and N Test A Open
1. Jennifer Martin / CMA Drama Queen / 59.047%  
2. Jodi Goldman / Ranger / 63.750%

### USEA BN and N Test B Open
1. Hannah Ong / Lump Sum / 63.500%  
2. Sophia Morales / Timmy / 64.687%  
3. Ellinore Homan / HS Sadie / 73.500%  
4. Emma Jacobs / Brumby / 68.500%

---

### First Level Test 1-2
1. Marija Trieschman-Dever / Sir Bright / 64.655%  
2. Marcia Mia / Bella Palooza / 62.586%  
3. Karrie Dash / Anton / 61.081%  
4. Mary Ellen Ley / Lhotze / 61.034%  
5. Charli Plumbtree / Rostamon's Island Dancer / 60.676%  
6. Charli Plumbtree / Rostamon's Island Dancer / 60.345%

### Second/Third Level
1. Marija Trieschman-Dever / Count Cookie / 65.921%  
2. Judy Strohmaier / Peaches in Regalia / 64.474%

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### PVDA Schooling Show

#### Exalt Farm, Harwood, MD • August 3, 2013

#### USEA Tests

#### USEA TOC
1. Hannah Ong / Lump Sum / 68.261%  
2. Hannah Ong / Lump Sum / 67.000%

#### Intro Level Test B
1. John Makle / Luck Of The Draw (Buck) / 72.500%  
2. Nicole Kurtz-Magill / Reno / 69.688%  
3. Marilyn Jackson / Snow in April / 68.125%  
4. Grace Blakeney / Zippo Passed The Bar / 67.188%  
5. Janet Beebe / Superstition / 63.750%

### PVDA Schooling Show

#### Chesapeake Dressage Institute, Annapolis, MD • August 11, 2013

#### USEA Tests

#### Intro Level TOC
1. Celia Henein / Peanut / Celia Henein / 69.375%  
2. Sophia Morales / Timmy / 64.687%

### PVDA Schooling Show

#### Schooley Mill Park Jr/yr and Open, Highland, MD • August 17, 2013

Thanks to our volunteers, Lisa and Grace Blakeney, Denise Brescia and Wil Speer, our ring set up crew. Sarah Hume, our scribe. Emily Hume, our scorer. Thanks also to the wonderful people that lend a hand when we needed help. Judy Strohmaier, our judge, made herself available to judge our show on very short notice when our scheduled judge had to leave due to a family emergency. Thank you Judy! Linda Speer, Show Manager

#### USEA Test BN and N Test A Open
1. Hannah Ong / Lump Sum / 63.478%  
2. Jennifer Martin / CMA Drama Queen / 59.047%  
3. Grace Blakeney / Zippo Passed The Bar / 64.062%

#### USEA BN and N Test B Open
1. Hannah Ong / Lump Sum / 63.500%  
2. Jennifer Martin / CMA Drama Queen / 59.047%  
3. Grace Blakeney / Zippo Passed The Bar / 64.062%  
4. Jodi Goldman / Ranger / 63.750  
5. Zachery Roberts / Dexter / 63.125%

#### First Level Test 3
1. Melissa Harlinski / Dances In Cahoots / 56.613%  
2. Berlage Rachel / Contessa of Warwick / 56.129%  
3. Jennifer Kleponis / LS Plain Jane / 54.516%

#### Second Level TOC
1. Marija Trieschman-Dever / Count Cookie / 57.619%  
2. Mary Russell / Feinesse / 53.026%

#### Intro Level Test A and B, JR/YR
1. Celia Henein / Peanut / Celia Henein / 69.375%  
2. Sophia Morales / Timmy / 64.687%

#### Intro Level Test B
1. Marija Trieschman-Dever / Count Cookie / 65.921%  
2. Judy Strohmaier / Peaches in Regalia / 64.474%

#### Intro Level Test C
1. Nancy Twenhafel / Colorado / 77.500%  
2. Sara Mcleary / All That Glitters / 74.250%

#### Training Level Rider Test
1. Mary Ellen Ley / Lhotze / 68.000%

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The PVDA Newsletter
2) Zachery Roberts / Dexter / 66.562%
3) Jodi Goldman / Ranger / 65.750%
4) Sophia Morales / Timmy / 64.000%
5) Grace Blakeney / Zippo Passed The Bar / 62.250%

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<thead>
<tr>
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<th>Position</th>
<th>Name</th>
<th>Center</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>Deanna Williford / Ocean / 73.125%</td>
<td>2) Katie Andrews / Elegant Athena / 62.500%</td>
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<table>
<thead>
<tr>
<th>Training Level, Test 2 Open</th>
<th>Position</th>
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<th>Center</th>
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<tbody>
<tr>
<td>1) Nancy Albrecht/ Monica Lu/ 69.821%</td>
<td>2) Deanna Williford / Ocean / 69.107%</td>
<td>3) Katie Andrews / Elegant Athena / 64.464%</td>
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<tbody>
<tr>
<td>1) Nancy Albrecht/ Monica Lu / 67.666%</td>
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<thead>
<tr>
<th>Training Level Test 1 Junior/Young Rider</th>
<th>Position</th>
<th>Name</th>
<th>Center</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>1) Annabel Winters-McCabe/ Gorbachev / 67.291%</td>
<td>2) Zoe Witte / Dunja / 66.041%</td>
<td>3) Molly Chaney / Rock n’ Roll / 64.791%</td>
<td>4) Maria Rojas / Daisy / 63.541%</td>
<td>5) April Tennyson / Harper / 60.625%</td>
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</tbody>
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<thead>
<tr>
<th>Training Level Test 2 and 3 Junior/ Young Rider</th>
<th>Position</th>
<th>Name</th>
<th>Center</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Maria Rojas / Daisy / 70.089%</td>
<td>2) April Tennyson / Harper / 66.071%</td>
<td>3) Annabel Winters-McCabe / Gorbachev / 66.071%</td>
<td>4) Molly Chaney / Rock n’ Roll / 63.214%</td>
<td>5) Molly Chaney / Rock n’ Roll / 60.800%</td>
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<th>First Level Test 1 and 2 Open</th>
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<th>Name</th>
<th>Center</th>
<th>Score</th>
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<tbody>
<tr>
<td>1) Rachel Berlage / Contessa of Warwick / 68.513%</td>
<td>2) Vanessa Meeks / Splash of Kahlua / 68.103%</td>
<td>3) Katherine Martin / Moby Dixon / 67.972%</td>
<td>4) Versace / Laura Nesbitt / 66.486%</td>
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<tr>
<th>First Level Test 3 Open</th>
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<tbody>
<tr>
<td>1) Susan Smith / HS Szamosszeg / 71.451%</td>
<td>2) Rachel Berlage / Contessa of Warwick / 68.548%</td>
<td>3) Laura Nesbitt / Versace / 68.387%</td>
<td>4) Katherine Martin / Moby Dixon / 66.612%</td>
<td>5) Vanessa Meeks / Splash of Kahlua / 66.451%</td>
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<thead>
<tr>
<th>Second Level Test 1 Open</th>
<th>Position</th>
<th>Name</th>
<th>Center</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>1) Susan Smith / HS Szamosszeg / 67.571%</td>
<td>2) Sharon Lofgren / Rial Verde / 57.571%</td>
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<thead>
<tr>
<th>Second Level Test 2 and Third Level Test 1</th>
<th>Position</th>
<th>Name</th>
<th>Center</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Rebecca Douglass / Spring Hollow Raindancer / 68.289%</td>
<td>2) Sharon Lofgren / Rial Verde / 63.421%</td>
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</tbody>
</table>
Steffen Peters Clinic
Sponsored by Hassler
Dressage at Riveredge

By Brianna Bowling; originally posted on briannadressage.blogspot.com

On September 8 I audited a clinic with Steffen Peters along with several other members of the Charles County Chapter of the PVDA. Steffen Peters is by far my favorite rider to watch. He is one of the few riders where you truly cannot see his aids and the horse and he are in such good harmony they look like they are dancing partners. So when I saw that he would be in the area I had to go.

The day began with setting my alarm for 4:30 a.m. so that I could feed my animals and prep the truck. Of course I was so excited I was out of bed by 4:20 a.m.! By 5:00 a.m. I was out the door and beginning my course to pick up five fellow enthusiasts along the path to Riveredge Farm in Chesapeake, Maryland.

This post would not be complete without mentioning the fabulous facility. You enter the sprawling farm between two brick pillars and proceed down a paved driveway between shade trees. The farm, built in 2010 with the finest architecture and functional attributes, is a pleasant cross between Southern charm and European elegance. Weathered wood, cast iron latches and copper accents abound. Large stalls, grass paddocks, all weather footing and weather controlled arena make it extraordinarily functional. As a barn junkie I felt like I had access to a rock star’s home.

All seven riders and horses were upper level who enjoyed a private 45 minute session. If I criticize anything about this clinic it would be the same thing I wish at most upper level clinics—as an amateur rider on a backyard horse, I wish they had some riders or horses closer to my level. I understand that someone schooling First or Second level is not going to want to pay huge fees to attend a clinic but I wish they had some riders or horses closer to my level. I understand that someone schooling First or Second level is not going to want to pay huge fees to attend a clinic but this is something that would make it more appealing to a majority of auditors so perhaps the increased auditors could help subsidize those lower level riders.

With that said, although the riders at the clinic were working on canter pirouettes and piaffe, there was still plenty of lower level riders like myself who could learn from the clinic. Good riding is good riding at every level. And the basics of dressage—forward, relaxed and straight—are the same at every level.

Steffen Peters is a great instructor who expects riders to listen and perform well, but is also encouraging and instructs in a soothing quiet voice. I know each rider went home with an echo of a quiet, slightly German accent of “gooooooood” in their head!

Good Enough

A primary theme of Steffen’s instruction was “good enough.” I heard him say many times that once you got the job done then you need to move off and do something else. Don’t drill the exercise over and over once your horse has done it correctly. Along those same lines he frequently emoted that you “test” the movement. Test to see if its there and then move on.

He compared his visits to the gym to help us understand why “good enough” is a concept worth embracing. When you are at the gym your trainer may give you an exercise to perform and it may take a while for your brain to wrap around how to do it. You try and may do it okay the first time, but not perfectly. You move onto another exercise and come back to the first one after a bit. The second time you try it though your brain has had some time to reflect and learn and you most likely will do it better on the second attempt.

For example, he schooled the riders to “test the IDEA of the piaffe, not doing the entire piaffe movement.” If the test shows that the piaffe is working, there is no reason to continue schooling it.

Proactive

At one point one of the riders was attempting a canter pirouette and the horse was backing off. Steffen pointed out that the second you feel him begin to back off the pirouette, you need to push him forward out of the circle. Be proactive and be quick and accurate in your responses to your horse’s actions. By the time he or the auditors saw him backing off, it was too late. Obviously, you cannot take this approach during a show so schooling is the time and place for it—you need honesty in each movement and your proactive and timely response will get you there.

Preparation

In a number of the gaits, Steffen discussed the preparation required before the actual gait change. For example, at one point he said, “If I tell you to walk and you do it a half hour later, I’m perfectly happy” because we don’t spend enough time to prep for the walk. Certainly he was exaggerating a bit but I did get the feeling that he would prefer the half hour prep than no prep at all.

One tip he gave as good preparation for a down transi-
tion was to be careful not to give away the rein, but to maintain the contact.

**Precision**

"Be picky about the meaning of each single aid." Each aid should have a meaning and teach something. This also applies to schooling as a whole. He felt that you should not school a 20 meter circle just to do a 20 meter circle. Thoughts about WHY you are doing the circle and a goal to achieve should occur while schooling it.

For example, "Don’t just do a half pass to do a half pass; do a half pass to achieve more suppleness."

**Breaks**

His theory is that while you are doing the movement itself you never compromise, but you do compromise by taking breaks between each attempt. He wanted honesty and correct movements but then let the horse rest and stretch or move onto another exercise.

Steffen also reminded us that going from walk to trot to canter to walk are all done in the test and so we need to be able to mix up what we do in schooling as well so they know they aren’t "done" when they go to walk. He also encouraged the riders to do quick transitions from one gait or movement to another. The "important part is quick repetitions."

**Consistency**

Steffen cautioned one rider who is getting ready for some major shows to not ride differently for the show and "crank it up a notch." Ride no more or no less than you do when schooling. Adrenaline and excitement will help you get that extra sparkle without consciously shooting for it.

Consistency is also important when practicing your movements. Use "simple aids as if he has always done this." Test the movement as if you believe it will go perfectly and then if it does not, adjust your schooling to help you achieve the perfection. "If it goes wrong, then we fix the problem. Don’t anticipate the problem."

Overall, this was a great clinic and well worth the long drive to get there. I completely enjoyed the facility and Steffen did not disappoint. I loved his honest, consistent but calm approach.
Meet a Board Member

Kate Burgy

What is your name and hometown?  Kate Burgy, Clarksville, Md.

What do you do for a living?  I’m a geologist with the Maryland Geological Survey in Baltimore.

What are your favorite hobbies (besides horses)?  I love cooking (and eating) and reading! I’ve started rock climbing and I’m also a fan of skeet and trap shooting with my family.

What is one skill (anything) that you still want to learn?  One of these days I’m going to learn how to drive a manual car. I can drive tractors, but that’s a lot less pressure!

What is your biggest pet peeve?  People who don’t think animals have thoughts or feelings. If they spent even two minutes paying attention, they would know every animal has a personality!

How did you get into horses and dressage?  I was very active in the local 4-H horse club and had a pony that ended up being great in dressage. I also went to the WIHS years ago and saw the musical freestyles and thought, “I want to do that!”

What is your favorite horse (that you’ve ridden) and why?  I love them all, but right now I would have to say my schoolmaster Eli. He is such a wonderful fellow. He’s taught me lots about timing, balance, and the upper level movements, but we also hack out everywhere. It’s hard to resist a horse that whinnies for you when you get to the barn.

What was your greatest riding or dressage moment and why?  I can think of a “greatest” moment on every horse I’ve ever ridden and they’re mostly those “Aha!” moments when something finally clicks. My family also used to go on weekly trail rides together and we still laugh about the shenanigans we got ourselves into. My younger brothers might remember those rides less fondly than I do, though.

What was your worst riding or dressage moment and why?  Again, I think I have a worst moment for every horse. I’d say probably the most embarrassing was at a PVDA schooling show a few years ago. I was riding my mare in a Training Level test and when we went to do a canter depart at K, she got a bit fussy and ended up stepping on, and then wrapping the arena chain around her leg. I went left and she went right, taking half the arena with her. Thankfully she stopped and the judge (Ingrid) was very kind. We finished the ride once the ring was back up, but I don’t think I ever got all the sand out of my breeches.

What is the best piece of horse advice that you’ve ever received?  It’s actually unprintable in a family newsletter, so I’ll go with the next best. Ride forward to safety (which is great advice for all horses, but especially youngsters) and relax and stop thinking so much. We riders tend to overthink and get in the way of our bodies and our horse’s bodies.

What famous dressage (or other discipline) horse would you like to ride and why?  Rocher! Hands down. I have a thing for big mares with floppy ears and she is just fabulous.

Why did you join the PVDA Board of Directors?  I joined the board when I had two young horses that were just starting out. I didn’t have a lot of money to show, but I wanted to stay active in PVDA, and it seemed like a good way to keep in touch.

What is your greatest accomplishment so far as a director?  I’m very excited about the PVDA Survey that

Meet a Board Member continued next page
Deanna Beal and I put together. I think it will give us a lot of insight into what the membership wants in the coming years. I'm also pretty proud of the monthly newsletter. It's never perfect, but we try to fit in a lot!

**What is one thing that you would like to change about PVDA?** I'd love to increase member participation and volunteerism. There is a large core of active members, but it's hard to reach out to everyone. It's also hard to bring everyone together since we're a big group and spread out across several states and the Bay.

**What is your favorite thing about PVDA?** I love the amazing people who give 1000% to this organization. It's truly a herculean task to pull off some of the major events and they do it well.

**What PVDA committees are you on/responsible for?** This year I'm the Vice President and head of the Scholarship Committee. I'm also the chair of the Newsletter Committee (direct complaints to me lol) and I've previously been involved with Nominating and Education.
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: December 2013; DEADLINE: November 10; DISTRIBUTION: early December 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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Advertise in the PVDA Newsletter! newsletter@pvda.org for information

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**Potomac Valley Dressage Association Membership Application 2014**

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:

- **Junior Affiliate** (under 18)*
  - 1 year: $45
  - 2 year: $75
  - Life: N/A
- **Young Adult** (18-21)*
  - 1 year: $60
  - 2 year: $100
  - Life: N/A
- **Adult**
  - 1 year: $60
  - 2 year: $100
  - Life: $799
- **Family** (priced for two)*
  - 1 year: $85
  - 2 year: $145
  - Life: N/A

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

- **Senior** (65 and over)
  - 1 year: $45
  - 2 year: $75
  - Life: N/A
- **Patron**
  - 1 year: $75
  - 2 year: $125
  - Life: N/A
- **Business Affiliate**
  - 1 year: $100
  - 2 year: $175
  - Life: N/A

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 list my phone no. in the PVDA Membership Directory.
- Do not list 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)
- education projects
- 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.
OCTOBER PVDA BOARD MEETING

Date: October 7, 2013; Meeting #531
Location: Linda Speer’s Farm in Clarksville, Md.

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

Old Business: The membership survey did not reach everyone, but there is a way to re-send it. At this time it is known that 177 members started the survey, 122 completed it.

New Business: Rebekah’s husband, Steve Bright, has offered to lend his theater production expertise to PVDA as a production advisor. He has helped with the Ride for Life and the Christoph Hess Clinic. He is looking for anyone who has been in theater to work with him. He could help with the Awards Dinner 50th Anniversary Celebration.

COMMITTEE REPORTS

Education: The Christoph Hess Symposium was a success: the facility was ready, the riders were great, and volunteers helpful. There appears to be a small profit. The sound system was good. The riders were able to purchase a tape of their session from the video person. There are complaints that the date was too full of other PVDA scheduled activities which may have affected the attendance, but Jackie pointed out that it is difficult to get commitments from popular clinicians ahead of time.

Finance: PayPal Account: $14,000; General Fund: $6,446.31; Schooling Shows: $2,309.27; CDs: $15,107.50. Chapter Funds: $12,737.38. Total: $50,602.05.

Governance: The 2014 Board is listed in the newsletter with 12 members, so there will be no election. The November 4 board meeting will be our Annual Meeting so the Chair of every committee needs to submit an annual report for Rebekah to compile the organization’s Annual Report. Rebekah will send out last year’s reports. The December meeting will be the election of the new officers.

Membership: Current members are up to 1120 members. Adult-699; Business-5; Family Primary-90; Family Supporting-104; Junior-103 Life-18; Patron-2; Senior-76; Young Adult-27.

Newsletter: The October newsletter had ad revenue of $426 and in-kind advertising of $265.

Partners and Allies: PVDA sent a $400 contribution to the Thoroughbred Project that took place Oct. 5, 6 at Pimlico.

Ride for Life: Planning for 2014 has started, and the search is on to find a theme by the end of the month to tie the entire Dancing Horse Challenge, Gala, and benefit together. Children activities for the 2014 show will be reduced.

Riders: Jackie said PVDA should reach out to junior riders who make the effort to attend Lendon Gray’s Ride for Kids to help increase and support our youngest riders.

Website: Valerie demonstrated the new website design and her ideas for the finished product. It is clear and somewhat easier to navigate. She sent a link to the board.

By The Board/ The Minutes

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OFFICERS
President
Jocelyn Pearson
Vice President
Kate Burgy
Chairperson
Rebekah Lusk
Secretary
Betty Thorpe
Treasurer
Carolyn Del Grosso

BOARD OF DIRECTORS
Deanna Beal
Kate Burgy
Christina Dale
Carolyn Del Grosso
Rebekah Lusk
Valerie Mallder
Mary Sue McCarthy
Jocelyn Pearson
Jaclyn Sicoli
Linda Speer
Betty Thorpe
Michele Wellman
Deanna Williford

• Awards (High Scores, Trophies and Ribbons, Trophy Fund, Recognized Rider Awards)
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• Chapters
  Deanna Williford (chair), Linda Speer
• Education
  Jaclyn Sicoli (chair), Camilla Cornwell, Deanna Williford, Meghan Tru Ripple, Stacy Gallagher, Kate Burgy
• Finance/Budget (PVDA Treasurer, Schooling Show Treasurer, Scholarships)
  Carolyn Del Grosso (chair), Kate Burgy, Layn Lesniowski, all committee chairs
• Fundraising/Marketing (Sponsorships, Social Media, Advertising, Public Affairs)
  Rebekah Lusk (chair), Michele Wellman, Hilary Moore - Hebert, Deanna Beal, Pat Nissen, Deanna Beal, Beth Collier, Jeannette Bair, Christina Dale
• Governance (Nominating, Association Insurane, Bylaws and Constitution, Legal Counsel)
• Partners and Allies (Maryland Horse Council, National Liason, GMOs)
  Jocelyn Pearson (chair), Deanna Beall, Betty Thorpe
• PVDA Library/Documents (Archives, Library Books, Library Videos)
• Volunteers
  Mary Sue McCarthy (chair), Christina Dale
• Website
  Shari Packard (chair), Almon Packard (CTO)

For complete contact information see www.pvda.org

COMMITTEES OF THE BOARD
Rebekah Lusk (chair), exec. comm., Deanna Beal, Betty Thorpe
• Membership
  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 Cornwell, Deanna Williford
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• Ride for Life/Dancing Horse Challenge
  Michele Wellman (chair), www.pvdaideforlife.org
• Shows (Equipment, Judge’s Liason, Recognized Shows, Schooling Shows, Hospitality)
  Carolyn Del Grosso (chair), Betty Thorpe, Tedi Lesniowski, Michele Wellman, Pat Artimovich
• Special Events (Awards Dinner, Horse World Expo, Special Events)
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October 2013

NEWSLETTER

By The Board/ The Minutes

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October 2013

NEWSLETTER
See page 22 for publication deadlines and section editors.

Deadline for ads and articles is
November 10 for the DECEMBER 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