The Year 2010 In Photos

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Nancy Moseley and Wyndsong at the Ligons Schooling Show in August 2010. Photo by Vickie Kirkpatrick.
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* 2011 PVDA Schooling Show Schedule subject to change.

See Omnibus for location of farms and additional contact information. Prepared by Bonnie Vaden.
This May Be Your Last PVDA Newsletter

Please renew your membership now to avoid a break in your newsletter and benefits. The 2010 member list was cleared of 2010 memberships as of January 31. You can renew online at www.pvda.org in the membership section of the Web site. Go to www.pvda.org/membership. PVDA accepts online applications and payments. Memberships that are using volunteer slips as payment must still be submitted via regular mail. You can also find a 2011 membership form on page 22 of this newsletter. Mail your check, payable to PVDA, to Michele Wellman, PVDA Membership Coordinator, 9205 Bessie Clemson Rd., Union Bridge, MD 21791. For more information contact Michele at membership@pvda.org.

Training for Dressage Show Volunteers on March 6 at Stonebrook Farm in Clarksville

You want to volunteer but need training in show-related jobs? “Tea Is for Training” has been developed just for you! This year’s “Tea Is for Training” will be on Sunday, March 6, at Stonebrook Farm in Clarksville, Md. We have a wonderful experience planned for our would-be volunteers. Seminar courses are from 9 a.m. to 2 p.m. and include ring set up, show secretary/manager, scribing, scoring, ring steward, runner, bit check, nutrition and a question and answer period. The cost is $10, including lunch, and is open to PVDA and non-PVDA members.

Tea and refreshments will be available all morning and a delicious lunch is served at 12:30 p.m.

Please contact Lindsay Jensen at lindsay.jensen@pvda.org for more information. We look forward to seeing you there!

Volunteer for PVDA in 2011!

We need lots of volunteers to ensure that the upcoming show season is a success. Whatever your specialty or interest we can find something for you to do. Try our “Tea Is for Training” seminar on March 6 to take advantage of a unique opportunity for training for show-related jobs. Do you like to mingle with big corporations? How about finding sponsors for the Ride for Life? We need sponsors to support our events. Do you like to write? Write an article about your show/clinic experiences for the newsletter or Web site. Do you like to coordinate things with accuracy? Be a ring steward. A ring steward can order national and international riders in and out of the ring. No experience? No problem! We will train you. Please contact volunteers@pvda.org if you have any questions.

The holidays are behind us and I hope everyone is still on the positive side of their New Year’s resolutions. First, a quick look back. We had three fun activities at the end of our 2010 PVDA year—the Chapter Challenge, the New Test Clinic with Axel Steiner, and the Annual Dinner. All three events lost money this year, as we found out at the last PVDA Board meeting. The Chapter Challenge lost $1,126, the Clinic lost $488, and the Annual Dinner lost $671. These are acceptable numbers in my opinion although it would have been nice if each event had broken even. The Clinic was educational and the other two are traditional activities. Remember that the profits from our shows make it possible for us to spend

Continued on page 14

The President’s Window

By Betty Thorpe

president@pvda.org
Southern Maryland

The Southern Maryland Chapter Hosts a Successful Britch Switch and Tack Sale

By Linda McDowell

On December 5, 2010, a very cold and blustery winter day, the Southern Maryland Chapter of PVDA hosted the first of many Britch Switch and Tack Sales for PVDA. The first sale was held at Bluebird Farm in Friendship Md., with thanks to Lucy Wilson.

The sale was quite successful despite the weather. Many vendors were displaying their horse wears—new and used items.

Any one looking for a saddle should join us for the April showing. We had more than 13 saddles including County, Prestige, Pessoa, Bates and more. Jane Crews, Julie Gross and Kelli Williams had their fair share of sales today. Customers came from the Eastern Shore, beyond Baltimore and from local areas.

Not only was the sale a success, but it was a lot of fun to get together with friends.

Don’t miss the next Britch Switch and Tack Sale on April 16, 2011. Location to be announced.

Thank you to everyone who participated.

Linda Kiser, Jane and Dave Crews, Natalie Roberts and Megan Foster having a great time at the Britch Switch and Tack Sale hosted by Southern Maryland Chapter of PVDA on December 5.
Congratulations
Adrian & Waterloo

for a very successful show season, and also for winning the 2010 CBLM Training Level Championship, as well as the Reserve Training Level Championship at the 2010 Region 1 GAIG.

As an accomplished trainer and rider, Adrian focuses strict attention to the ethics of basic horsemanship, and specializes in teaching the fundamentals of classical dressage to beginners.

Specializing in starting young horses, breaking and discipline problems. Offering classical introduction, dressage instruction and training to the lower levels of dressage. Beginners encouraged and welcome!

“My philosophy reflects a classic training style. I believe in training correctly from the beginning in order to achieve true harmony with the horse.” Adrian Griner

Email: piperalg@aol.com  (443) 605-3070  Exceptional Results!
February 2011

7 PVIDA Board Meeting. 7 p.m. Call Michele Wellman, 301-873-3496 for information.
12 Tri-County Feeds presents McCauley Feeds Seminar Series with Dr. John Lew, "Feeding Carbs, Fats, Hay and Protein," 9 a.m.-noon and also 2-4 p.m. at TCFE Media Center, Marshall, Va. Call 540-364-1891 for info.
13 Fix a Test hosted by the Southern Maryland Chapter at Chesapeake Dressage Institute. Contact Aviva Nebesky at horsepenhill@verizon.net
21 Dressage Schooling Show at Whiting’s Neck Equestrian Center, Martinsburg, W.V. Large indoor facility. www.whitingsneckfarm.com
27 PVDA Jr/YR Test Riding Clinic with Jaclyn Sicoli, Stonebrook Farm, Clarksville, Md. $25. Contact Linda Speer, 410-531-6641 or wlspeer@verizon.net for information

March

6 PVDA Annual Tea Is for Training. 9 a.m.-2 p.m. Join us to learn about volunteer show jobs and receive training in different skill areas. Stonebrook Farm, Clarksville, Md. See www.pvda.org or email Lindsay.Jensen@pvda.org. Cost is $10. Lunch included.
7 PVDA Board Meeting. 7 p.m. Call Jaclyn Sicoli, 609-651-6526 for information.
13 Fix a Test hosted by the Southern Maryland Chapter at Exalt Farm. Contact Aviva Nebesky at horsepenhill@verizon.net
20 VADA Schooling Show at Morven Park, Leesburg, Va. www.vadanova.org
27 PVDA Jr/YR Test Riding Clinic with Jaclyn Sicoli, Stonebrook Farm, Clarksville, Md. $25. Contact Linda Speer, 410-531-6641 or wlspeer@verizon.net for information

April

3 Competitors’ Dressage Clinic with Mary Flood at Wildfire Farm, Lovettsville, Va. See www.wildfirefarm.comclinics
4 PVDA Board Meeting. 7 p.m. Call Kate Burgoyne, 301-580-9908 for information.
8-10 Cedar Rowe Lusitanos presents a 3-day mounted clinic with Isabelle von Neumann-Cosel in “Your Classical Seat.” For more info go to www.cedarrowe.com or call Linda Denniston at 301-447-6240 or email: CRQHF@aol.com

9-10 VADA Licensed Show, Morven Park, Leesburg, Va. www.vadanova.org
16 Britch Switch and Tack Sale sponsored by Southern MD chapter, Location TBA, 10 a.m.-3 p.m. Vendor space $20. Contact Linda at 908-451-7827 or Julie at 301-503-7709. RSVP by April 13.
17 Charles County Chapter Fix-a-Test with judge Beverley Fields at El Ammal Farm, Charlotte Hall, Md. Contact Kelly Rose at kylieshyde@aol.com
27-May 1 FEI World Cup Dressage and Showjumping Finals, Leipzig, Germany. www.FEI.org

May

2 PVDA Board Meeting. 7 p.m. Call Hilary Moore, 703-400-9108 for information.
7-11 Erik Herbermann Clinic at Equilibrium Horse Center, Gambrills, Md. For info contact: www.EquilibriumHorse.com/html
21-22 PVDA Annual Spring Show at Morven Park. See www.pvda.org

June

6 PVDA Board Meeting. 7 p.m. Call Shari Packard, 301-498-4972 for information.
25-26 PVDA Ride for Life at Prince George’s Equestrian Center, Upper Marlboro, Md. Information on volunteering, contact volunteers@pvda.org.

July

23-24 USDF Jr/YR Region 1 Team Competition, Morven Park, Va. Contact Linda Speer, 410-531-6641 or wlspeer@verizon.net for information
31 VADA/NovA Breed Show, Morven Park, Leesburg, Va.

August


September

7-11 Erik Herbermann Clinic at Equilibrium Horse Center, Gambrills, Md. For info contact: www.EquilibriumHorse.com/html
17 PVDA Licensed Show at Loch Moy, Adamstown, Md. www.pvda.org
18 PVDA Licensed Show at Oak Ridge Park, Hughesville, Md. www.pvda.org

2011 Calendar Items to calendar@pvda.org.
March Deadline: FEBRUARY 10
Calendar Editor: Jocelyn Pearson
www.pvda.org for complete calendar

MOTHER AND SON: Fallan and her 2-year-old son Sin City (Vegas) at Windsor Manor Farm. Both horses are owned by Vanessa Swartz.

photo by Rita Boehm
By Jaclyn Sicoli

Just time in for show season, PVDA is hosting its annual “Tea Is for Training” event on March 6 at Stonebrook Farm in Clarksville, Md. As a new PVDA member in 2010, this event was my first volunteer experience. I was so impressed by the organization, competence, and care given to the teaching that I wanted to make sure this event was offered each year. If you want to learn more about competing, get involved volunteering at horse shows, meet some more horse folk, and enjoy a scrumptious tea and lunch, then plan on attending. This educational event is open to PVDA members and also non-members. It is our way of spoiling our members and volunteers in preparation for a busy and fun-filled season. In order to bring you the best information on each topic, most of our board members are giving their time and expertise at this event. We hope to start the year off well by getting together to do what we do best.

The curriculum includes every aspect of running a horse show. Classes will benefit volunteers, competitors, and show staff alike. Our instructors will cover the most technical and casual fundamentals of checking whip length, legal bits and attire, scribing, ring stewarding, running tests, scoring, setting up a dressage arena, being a show manager and show secretary. PVDA hosts licensed and schooling shows throughout the region and spanning the calendar.

We hope to use the “Tea Is for Training” event to motivate, prepare and reward everyone involved.

We have two bonus seminars in the works, both of which will help you and your horse meet goals and get the most out of each competition experience. Get a head start on your show preparedness. Find out which Year-End awards you can aim for. Make your horse’s first show a positive experience.

Are you still on the fence? There is more! Each of our “Tea Is for Training” participants will go home with an instructional manual and some exciting gifts. This winter’s cold weather won’t keep you away as all of the classes will be held indoors. I look forward to meeting each one of you and building PVDA’s show team 2011.

Tea Is for Training
Learn Show Job Skills on March 6

Tea Is for Training
Training for Dressage Show Volunteers

Learn how to perform the skilled show jobs that make our dressage shows possible.
Meet new people! Enjoy a delicious traditional afternoon High tea with soup, sandwiches and refreshments.

Training includes:
• Setting up a dressage ring
• Scoring
• Scribing
• Ring Steward
• Bit/Equipment checking
• Runner
• Nutrition
• Show manager/secretary
• Afternoon unmounted clinic for show preparation

Sunday, March 6, 2011
9 a.m.-2 p.m. • Cost: $10
Stonebrook Farm, Clarksville, Md.

Schedule
Indoor Arena:
9-11:30 a.m.: Ring Set Up
Classroom 1:
9-11:30 a.m.: Show Secretary/Manager
Classroom 2:
9-10 a.m.: Scribing
10-11 a.m.: Scoring
11-11:30 a.m.: Ring Steward/Runner/Bit Check
Classroom 1:
11:30 a.m.-12:30 p.m. Nutrition
Lunch: 12:30 p.m.
Lunch Seminar: 12:45-1:30 p.m.
Questions:
1:30-2 p.m.

Register to: Lindsay Jensen, 14315 Peddicord Rd. Mount Airy, MD 21771 • 443-928-9591 • lindsay.jensen@pvda.org
Scholarship Report

Getting Back in the Saddle Again Has Its Rewards

By Karen Jacob

I finally got up the nerve to submit my request for a scholarship to PVDA. I have been a PVDA member and volunteer for many years, not to mention sitting on the PVDA Board of Directors for several years, and yet I always thought scholarships were for upper level riders, not lower level or start-overs like me. But the PVDA Board of Directors approved my request!

It has been many years since I have had consistent lessons with one instructor. And since I became a Mom eight years ago, my riding has been pretty much non-existent—a trail ride here and there, maybe a show for old times sake, but my heart hasn’t been in my riding for some time. I am 47 years old, have had two children since the age of 40, and eight surgeries in two years. All this has changed the way I ride and think. I was becoming more cautious and timid and too protective of myself. It was time to get back to the basics and find the right instructor to help me reach my goals.

I had taken a few lessons in the past with Roy Toppings and I felt that I really “got” what he was teaching. He broke things down so that they made sense to me, and so Roy became my instructor of choice for my scholarship.

On November 30 I moved Ava to Evergreen Stables where Roy is manager. It was our plan for me to stay about 10 days, but I was there for 17! Just in time for the extreme cold, wind and snow.

One of the first things that Roy had to fix was my permanent 2-point position. It was there at the walk and trot, and the halt, too. I had to let go of some inner fears, find my seat bones, relax my shoulders and go with my horse and not fight against her forward movement. Whenever Ava did a downward transition, I pitched forward immediately. It was really evident when we were working in the ring with another horse who was coming towards us (we were both doing 20-meter circles at opposite ends and met in the middle) and Ava ducked to the right and slammed on her forehand. I was between her ears in nothing flat. Lesson learned. Sit UP, keep seat under me, shoulders back and open chest and breathe.

I also had to re-learn how to relax my lower legs (not grip with my knees), and stop bringing them up to my horse’s barrel as they weren’t supporting her there. I needed to keep them down by her side and remember that at the walk they are to alternate quietly and at the trot transition they squeeze to give her the queue to go forward. Then they are there to help support her around turns, circles, bends, etc. as well as to keep her straight and keep her rhythm (the first thing we work on in our pyramid training). By the end of my stay with Roy I felt that I was really getting that. I didn’t feel the outside leg creeping up as often as I did the trot (or canter) circles. I consciously worked on keeping the outside leg where it belonged, without being stiff, which of course would make it ineffective.

Another bad habit that Roy worked on was keeping my hands level and low. When I got nervous or felt like Ava was rushing, I would raise my hands. I also had to work on keeping my hands level as Ava tends to tilt her head inside and to the right. I need to keep even pressure on both reins, not drop a hand or cross over—it won’t fix anything. Many times during the first few lessons I heard, ”Lower your hands, Karen.” As the lessons went on, I heard that less and less.

Karen Jacob received a PVDA scholarship to have instructor Roy Toppings work with her and her horse Ava.
When I thought I had a handle on those two things Roy added in transitions. Up, down. Down, up. Halt, walk, trot. Trot, walk. For years I have ridden from the hands. I want the horse to slow down, I play with the reins. Nope, sorry, not in dressage. We ask our horse to do it from the rear, ours and theirs. We ended my last lesson with Ava not falling down at the halt or letting her snatch me into the halt. I have to sit up, close my elbows, take a deep breath, tighten my bum, squeeze gently with the reins and push her into the halt. Voila, I get a lovely square halt! Immediately after she halts squarely and quietly I have to remember to give, then ask her to go forward again.

Roy sent me home with many great tools under my belt. He taught me patterns that make me think and also taught me HOW to ride the patterns correctly. I can’t say enough wonderful things about Roy Toppings and the extra time he took with me and the patience he showed when I made mistakes or was anxious. He reminded me that I can’t ask things of my horse until we have the basis of the dressage pyramid (rhythm), and then we can work on suppleness, contact, etc. I have to be there for my horse and be there correctly to support her both on a physical and emotional level as she is still young in her training.

Thank you PVDA for contributing towards my training. Thanks to Tiffany at Evergreen Farm for letting me come while they had a short-term empty stall, to Beaver who traced clipped Ava as she was a hairy beast when she arrived, and to Dan, who hopped aboard Ava and worked on transitions so that I could focus on me. You all did a great job! Thanks to Arianna who was always at the barn with an encouraging word, an extra hand and big hugs. And of course thanks to Roy, who fit me in and actually taught me something! Thank you to my husband and sons who may have felt a wee bit neglected as I went on and on about my great day at the barn and all the friends I met there. You guys are the best. And to Ava, for tolerating my mistakes, for showing me when I was doing things the right way, and for loving me unconditionally.

One Month Later...

Not having an indoor has made it difficult at times to work Ava as I would like to. When my ring has been frozen, I work on suppleness, the patterns, stretchy walk (free), working walk and our halt. For two days my ring was thawed enough that I was able to have some really nice trot work out of Ava AND I CANTERED! It was wonderful! I have been back twice for lessons with Roy and even though I only had a handful of rides between the lessons, you could see that we were consistent as a team and working toward our goals. The scholarship really helped me to get to this point. Even if I don’t compete, I am enjoying my riding again. And I have a happy horse who is doing her best with her rider. Thanks again to PVDA and Roy Toppings for this great opportunity.
The PVDA Southern Maryland Chapter Presents

Dressage Schooling Show
and Fix a Test Series

February 13, 2011
Chesapeake Dressage Institute
Annapolis, Md. Judge: TBD
Opens 1/13/11 Closes 1/31/11

March 13, 2011
Exalt Farm, Harwood, Md.
Judge: TBD
Opens 2/13/11 Closes 2/28/11

Send a current negative Coggins and proof of rhino vaccine, for CDI shows, (within 6 months of completion date), copy of your PVDA membership, $25 entry fee per class made out to SO MD PVDA ($10 for SO MD members) and a PVDA schooling show entry form to: Melissa Harlinski, 446 Lankford Rd, Harwood, MD 20776.

You may select either a traditional format (ride your test(s) for a score) or a Fix a Test format (ride your test, receive critique on specific aspects, then ride the SAME test again). If you ride the Fix a Test format, your first (“un-fixed”) score will be used to pin the class.

For additional information please contact
Linda McDowell at 908-451-7827 or Julie Gross at 301-855-3922.

FIX-A-TEST CLINIC

April 17, 2011
Clinician Beverley Fields “r” judge
El Ammal Farm, Charlotte Hall, Md.
$45 per rider
45 minutes per rider

For more information, contact:
Kelly Rose
240-682-2761 or kylieshyde@aol.com

LKMDressage
at Crawford Chance Farm

Historic facility located 16 miles from the Bay Bridge

Boarding & Training
Full Training & Lesson packages
Designed for each individual and horse

24 stalls+ in Kentucky style barn
Heat/air conditioning in tack room & kitchen
Hot & cold water in wash stall

Full size indoor dressage court
with sand and rubber footing,
Two outdoor rings
Acres of lush turnout, all with run-in sheds
We pamper your horse, individualized care

Friendly staff lives on site
Mares & Geldings Welcome

Linda K. McDowell, silver medalist,
with over 30 years experience

“I believe if the horse and rider
establish the correct foundation and
understand the basics of dressage,
then the movements are attainable.”

LKMDressage 136 Pioneer Point Lane, Centreville, Md. 443-203-6936 LKMDressage@gmail.com
Dedicated to Adrian, Daniellé & Morgan Run Stables

My Story
“Waterloo”

A mighty wind blew night and day.
It stole the oak tree’s leaves away,
then snapped its boughs and pulled its bark
until the oak was tired and stark.
But still the oak tree held its ground,
while other trees fell all around.
The weary wind gave up and spoke,
“How can you still be standing, Oak?”
The oak tree said, “I know that you
can break each branch of mine in two,
carry every leaf away,
shake my limbs, and make me sway.
But I have roots stretched in the earth,
growing stronger since my birth.
They’ll never touch them, for you see,
Adrian & Daniellé, is the deepest part of me.
Until today, I wasn’t sure
of just how much I could endure.
But now I’ve found, with thanks to you,
I’m stronger than I ever knew.”

Thank you for giving me not one, but two
chances at life, and never giving up on me in my
weakest moments. You put your love, faith and trust
in me, where others did not, and would not. Thank
you for giving me the chance at what I can truly be
and for loving me unconditionally....

Love from your horse, Waterloo

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  Overall High Score & Training High Score T-3 73.6%
- NCDCTA Summertime Blues:
  Overall High Score & Training High Score T-4 74.8%
- EEMI Summer Fling:
  Training High Score T-3 74.00%
- SVDA Summer Dressage:
  Senior + Training High Score T-3 73.2%
- Dressage at Foxcroft:
  Training High Score T-3 68.8%
- PVDA Lochmoy: Overall & Training High Score T-3 72.8%
**Horses for Sale**

1) QH ches. geld., 6 yrs, 15.1H, is still green but has had dressage training and some work on trails and over obstacles and is an easy keeper. Great PC horse or eventing prosp. Mr. Personality, he is healthy, has good feet and is quiet to work around. $4,000. Video at http://www.youtube.com/watch?v=RXQXlxbnVgo.

2) QH ches. geld., 4 yrs, 16H, green broke, nice mover, great temp., just started in prof. dressage training. Would consider a trade for one or both for older, reliable, quiet and exper. dressage horse. Patty Lasko, 301-717-4519 or email: pattydh@gmail.com

✦ Old. ches. geld., 10 yrs, 16.3H, shown 4th level w/ good scores. Needs prof. supervision but very comfy and easy to sit. I would love to keep him but economy forces sale! $25,000. Mardee Rochelle, 301-367-0773 or email: mardee@tc-solutions.com

**Horses for Lease**

✦ FEI 9 yr. old. Olden. geld. for lease, not for beg, but great horse to learn changes, half-passes etc. Lessons inc., call for more info, Marija Trischman, 410-867-3310

✦ Two school horses for full lease, $295/mo. ea. For more info call Jeanie Holtsberg, 410-861-7977 or email: hopefloatsequstrian@verizon.net

✦ Free lease of 10 yr old TB geld. at my farm in Waldorf area 2x/wk. Green, sound, sane, and willing. Nice mover, just needs conditioning and miles. Owner has no time. Access to trails, sm. lighted ring. May bring in your own trainer subject to owner approval. Great oppy for rider on a budget. Anne Lubinsky, 301-602-2902 or email: hj4travis@yahoo.com

✦ 16H+ dressage schoolmaster trained through 3rd level for lease. In 2010, “Wellesley” won all 6 of her classes w/scores to 70% w/ YA. Let her teach and win with you, too. Suitable for AA/YR, J. M. Littleton, 410-828-1198 or email: welles21@verizon.net

✦ 12 yr. old med. level dressage horse in prof. training, avail. for lease to a serious rider. Oppty to compete. Barbara Strawson, 240-818-1350

**Equipment for Sale**

1) Blk. bridle w/unique brass dots on browband. Cob size blk. Theo Sommer double bridle, w/heavily padded jawband cavesson and 2 sets of reins; buckle crown adj; gives an uncluttered look. Never been used. $400 new, asking $200, Robin Scarborough, 301-655-2312 or email: medievalhorse2000@yahoo.com

✦ 1) Blk. bridle w/unique brass dots on browband. Full cheek, french link snaffle bit $30. Susan Hek 717-642-8295 or email: suzisun@embarqmail.com

✦ 17” Ashley Clark, blk. dressage saddle, med tree, long billets, & stirrups incl., asking $600, Dee Mann, 301-351-1875

✦ 17” Myler comfort snaffle bit $50 2) 5” Myler comfort snaffle bit $50 3) 5” Full cheek, french link snaffle bit $30. Susan Hek 717-642-8295 or email: suzisun@embarqmail.com

**The Classifieds**

*March 2011 Issue Classifieds DEADLINE is FEBRUARY 10, 2011*
ATTENTION!
Classifieds are placed on PVDA’s Web site at www.pvda.org. If you do not want your e-mail address included on the Web site, please omit it from your printed ad submission for The PVDA Newsletter.

Wanted
✦ Working student/groom wanted for FEI dressage trainer in Bolesville, MD. Job includes some barn work, grooming and prepping horses for riding. Lessons avail. on FEI schoolmaster. Poss. field board for one horse. Part-time mornings to mid aft. Tues. - Sat. Jaralyn Finn, email: jaralyn@finessedressage.com

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FEBRUARY 2011 13
money on these projects.

So now the winter looms ahead. It’s the worst time of the year in my opinion. Sorry to be complaining, but the grass is dead, fingers and toes are cold, noses keep running, and outdoor arenas are frozen. Even though we are over the hump and the daylight is getting longer, just barely, it seems like spring is never going to get here. Thank goodness there are great new clothes invented for this cold that wick the sweat and can be layered. I have a rule of the tissues in the pocket. If you have one tissue, it is damp or shredded or both. If you have two tissues, you will reach for one and the second one will fall onto the arena floor. The horse blankets are getting crusty and they are always heavy. Buckles are hard to fasten with gloves so if you take your gloves off you can’t find them when you turn around.

Aside from my grumbling, I am always astonished at how good the horses feel and how well they adapt to the cold. They are cheerful and peppy and the outdoor horses confound me when they shun any shelter. If you riders can function, it’s a good time for training, and a good ride does wonders to lift the mood of the day.

One of the best ideas for perking up a dark cold winter was offered several years ago when Pat Artimovich decided to serve tea and include training sessions for the various volunteer jobs at our horse shows. Thanks to Jackie Sicoli, PVDA is planning another “Tea Is for Training” seminar on March 6. See the ad on page 7. I have led the session on scribing over the years, and it has been just great to go to a show and occasionally have my scribe introduce herself by saying she was a student of one of my sessions.

“Tea Is for Training” is a reminder that the show season is coming no matter how dark the days can be. Our Spring Show at Morven Park will be here before you know it (I hope!), May 25 and 26. Ann Hosmer, anhosmer@powerexcel.net, and Camilla Cornwell, ckcornwell@gmail.com, will be lining up the crew to help with all the work it takes to put on this show. Please come if you can, to help us earn the profits for our activities for the rest of the year.

Betty Thorpe • PVDA president • president@pvda.org

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**Kerstin Albrecht, Grand Prix Rider and Trainer**

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Funds raised from PVDA’s Ride for Life provided partial funding for a breast surgical oncology fellowship in 2008. Dr. Anna Voltura, a general surgeon who wanted to specialize exclusively in breast cancer surgery and treatment, spent one year at Hopkins learning the newest techniques in the diagnosis, surgical treatment, and medical management of breast cancer. The specific funding from Ride for Life was dedicated to quality of life research. This intensive training enabled her to return home to New Mexico where, with the endorsement of the Hopkins Breast Center faculty, she was able to open a breast center and serve as the director of the breast program, which specializes in underserved women in that region of the U.S. She was anticipating treating 200 breast cancer patients a year. During the calendar year 2010 Dr. Voltura operated on more than 800 women. She, and many patients now and going forward, have benefitted from having her become a Hopkins-trained breast surgical oncologist. This specific Hopkins fellowship certified a general surgeon to become a surgical oncologist and within that specialty a breast surgical oncologist.

Two thousand dollars of the funds were used as supplemental funding to cover travel expenses for Lillie to travel to the Middle East and conduct educational programs for doctors who are learning how to take care of women with breast cancer. The leading cause of death in the Arabic countries for women is breast cancer. She had the unique opportunity, wearing an abaya and burka, to give a presen-
Ride for Life Funds continued from previous page

tion on “breast cancer patients’ rights” and the importance of allowing women to check their own breasts monthly, get screening mammograms, and see a doctor as soon as any abnormality is found. The goal is to reduce death from breast cancer. Currently the mortality rate is above 85%, and most are diagnosed in their 30s and 40s.

This fiscal year (July 2010-June 2011), we have a female surgeon visiting from Lebanon—Dr. Eman Sbaity. A portion of her funding also has come from the Ride for Life funds, again focusing on quality of life research. She is with us for a year doing a breast surgical oncology fellowship. This is the FIRST time that a female has been placed into a breast surgical oncology fellowship anywhere in the world with the goal of learning how to diagnose and treat women in Lebanon for breast cancer and improve their survival rate as well as provide the patients a better quality of life. No reconstruction has ever been done there and Sbaity is currently learning the techniques to be able to provide patients with an entire silhouette after mastectomy surgery is performed. She also is learning how to do core biopsies and clinical breast exams, as well as how to enhance her communications with patients. We are very excited for the opportunity to see her return to her home country and make an incredible difference in the lives of women in Lebanon. Her home is Beirut.

We’ve also been conducting retreats for women with metastatic disease since 2008. Part of the funding for these 2.5 day/2 night stay events has come from small donations ($50 and $100 at a time accumulated over the last 10 years) to be able to offer such programs for patients with Stage IV disease. They are truly “the forgotten survivors.” Supplemental funds from the Ride for Life have been used to enable us to formally study the quality of life issues these patients and their families are facing and help develop programs to ease their physical and emotional pain—making sure that the patient’s wishes are known, documenting them, teaching women how to get closure with family, friends, and themselves as they approach the end of life. Educating and providing one-on-one support for spouses who are left to raise young children alone also is part of these profound events. We want to create a resource and planning kit for other breast centers so that this event isn’t limited to the Hopkins Breast Center, but is available elsewhere in the country. Patients and family members attend for free and expenses are close to $20K for each event. We are trying to hold these events at least twice a year and increase that to three times a year in the future.

Lastly, The Survivorship Care Program has received funding from Ride for Life. Beginning this calendar year, the supply and demand lines crossed for the number of oncology specialists needed compared to the number of cancer patients diagnosed. Gone are the days that cancer patients can be followed long term by their doctors. The shortage of oncology specialists is anticipated to be between 41% and 48% by 2020. We are studying the issues that breast cancer survivors face in being a survivor of this disease, and are developing ways to try to reduce the long term side effects (ie: menopausal symptoms from chemo and also hormonal therapy when the woman can not take HRT again, peripheral neuropathy that can last for many years, lymphedema that is a chronic condition, etc.), as well as address the woman’s psychological issues associated with fear of recurrence, body image alterations, and for some, post-traumatic syndrome. This requires teaching NPs, PCPs, and GYNs all of the long-term care needs these survivors have and how to appropriately manage them. It also requires educational programs for patients as they complete their treatment. It used to be that the way in which we measured our success as oncology specialists was to look at the statistics of survival—how many women survived this disease. This is no longer good enough. It is really heart wrenching to hear a patient say that due to all of the long-term side effects she is continuing to battle, she wishes that she hadn’t survived. It is important for us to focus on improving the quality of life for survivors, and for the patients and families who will eventually lose someone to this disease.

Lillie D Shockney, R.N., B.S., M.A.S., is Administrative Director at Johns Hopkins Avon Foundation Breast Center. She is Distinguished Service Associate Professor of Breast Cancer; Associate Professor, JHU School of Medicine, Departments of Surgery and Gynecology; and Associate Professor, JHU School of Nursing.

Johns Hopkins Avon Foundation Breast Center is located at 601 N Caroline Street, Baltimore, MD 21287.
Dark Horse Dressage

The Southern Maryland Chapter Presents

Britch Switch and Tack Sale
Location to be announced

Saturday, April 16, 2011
10 a.m. - 3 p.m.

Bring your Britches, Saddles and horse wears to sell. Vendors: reserve your space for $20.

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Sunday, November 21, 2010

Tips from Day Two of Axel Steiner’s New Test Seminar

By Jocelyn Pearson

If you have not read Stephanie Corum’s wonderful article about the first day at the Axel Steiner New Test Clinic, please refer to last month’s (January 2011) newsletter. Stephanie documented all the important information you will need to practice the new tests. Axel Steiner has given PVDA a special opportunity to take a step up and perform as directed by an Olympic judge.

Sunday started with the new Third Level tests. There is not much new at Third Level. Increased engagement, “engage, not run—the hind leg is emphasized.” The release of the inside hand exercise did not work. “The riders cheated badly, giving the inside rein while holding like crazy in the outside.” So this has been dropped. The double release will be included in the next test. For training at home, “giving is better than receiving.” The Third Level tests allow the riders to feel another rung in the ladder going up. Third Level is the Intermediate level.

**Third Level**

- The extended walk is seen for the first time at Third Level. Show a clear difference between the medium gaits and extended gaits. “The extended walk is the free walk with a light contact.” The horse can stretch, but must keep the contact.
- Third Level Test 2 is also like the old test, but there are no more 10-meter trot circles. The release is done with two hands. A flying change has been added and there is the half pass in canter.
- Third Level Test 3 includes two changes on the centerline, which is tough. They are looking for straightness in the changes. There is a half pass with a change, in front of the judge. This test gets us ready for Fourth Level, where changes are important and in tricky places.
- The turn on the haunches describes a small circle with the hind feet. The pirouette requires the hind feet to be on the spot, as long as you don’t get stuck. Also it needs bend. Ideally, it should be the radius of the horse.

**Fourth Level**

- The Fourth Level tests are arranged in increasing difficulty. Fourth Level Test 1 is basically the same as the old one, with work on the collected walk and walk pirouette.
- The medium trot to collected trot is on the diagonal, to show that you can adjust your horse. The pirouettes are now on the track at E and S, so it will be easy to see the size if you wander away from the rail. The medium walk and extended walk are now on the circle. Counter canter is through the corner, just like Prix St. Georges, a preparation for the PSG. Flying changes come off the counter canter. There is a coefficient in the extended walk. Keep light contact in the extended walk.
- The Fourth Level Test 2 test is slightly shorter than the old one. The medium trot is developed over the shoulder-in. If you do it right the hind legs will be underneath you. This will give a better quality, hopefully. The half pirouettes will be at C and H, closer to the judge.
The Year 2010 in Photos

2. Courtney Swartz/My Barbie Now at Chapter Challenge. Photo by Rita Boehm.
4. Elisa Harvey/GVF Jordbaer at Chapter Challenge. Photo by Rita Boehm.
5. Charles County Quadrille Team wins a First place at Chapter Challenge. Photo by Peacock Photography.
6. Metro Training Test 2 Team at Chapter Challenge with ribbons. Photo by Rita Boehm.
11. Lara Fields/Make Believe, First Test 1, at Oak Ridge Licensed Show (9-19). Photo by Vickie Kirkpatrick.
12. Michael Bas/Legally Blonde at Ligons (8-1) Schooling Show. Photo by Vickie Kirkpatrick.
Publication Deadlines

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: MARCH 2011; DEADLINE: FEBRUARY 10; DISTRIBUTION: early March 2011

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 and Photos: newsletter@pvda.org or michelestinson@earthlink.net (Michele Stinson, PVDA Newsletter Editor, 3409 Farragut Ave., Kensington, MD 20895)

✦ News/Articles/Flying Changes: news@pvda.org (Jocelyn Pearson, News Editor)

✦ 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 (Lindsay Jensen, Show Results Coordinator)

✦ 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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Potomac Valley Dressage Association Membership Application 2011

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) $35 $55 N/A
• Young Adult (18-21)* $45 $75 N/A
• Adult* $45 $75 $599
• Family (priced for two)* ** $65 $115 $N/A

**Each add.family member (over two) is $10 each extra (1 yr. USDF) or $20 each (2 yrs. USDF)

• Senior (65 and over) $35 $55 N/A
• Patron $65 $115 N/A
• Business Affiliate $90 $165 N/A

I have previously been a member yes no

Name ________________________________

Family PVDA Members yes no

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.
☑ I would like to donate an additional amount for a trophy $ _____

I am interested in volunteering for:

show scribe
show manager
show scorer
show ring steward
show runner
set up/breakdown
show (other)
education projects
computer skills
advertising/marketing
anything

Please check the following that apply:

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(grade)_______
dressage trainer
USEF technical delegate
dressage instructor
(grade)_______
breeder_______

breed_______

Do not send me a printed newsletter.
(Newsletters are available online at www.pvda.org).

Please complete the entry form 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 becoming a PVDA member, contact Michele Wellman at membership@pvda.org or call 301-873-3496.
JANUARY PVDA BOARD MEETING

Date: January 3, 2011; Meeting #499

Location: Linda Speer’s Farm in Clarksville, Md.
Meeting called to order by Michele Wellman at 7:07 p.m.

ATTENDANCE

Board Members Present: Betty Thorpe, Shari Packard, Leslie Raulin, Jackie Scoli, Hilary Moore, Kate Burgy, Jen Funk, Lindsay Jensen, Linda Speer, David Geyer, Tim Lewthwaite, Camilla Cornwell and Michele Wellman

Members Absent: Wendy Emblin, Jocelyn Pearson

Association Members Present: Ingrid Gentry, Carolyn Del Grosso

TREASURER’S REPORT

Membership Account: $148.09
General Fund: $196.56
Schooling Shows: $1,306.42
Chapter Fund: $11,645.89
Money Market: $12,857.18
CDs: $18,288.79
Total: $44,442.93

COMMITTEE REPORTS

Education: PVDA’s annual Tea Is for Training will be organized by Jaclyn Scoli. She is aiming for a late February or early March date. The clinic this year will probably be an unmounted clinic with a local clinician.

Junior/Young Riders: There will be two clinics for Jr/YRs with Jaclyn Scoli as clinician. The dates are Feb. 27, 2011 and March 27, 2011. There also will continue to be four schooling shows exclusively for Jr/CR competitors. Linda Speer is organizing the 2011 Jr/YR Team Championships to be held in June.

National Liaison: Ingrid Gentry kindly filled in for Jocelyn Pearson and informed the BOD that helmet rules will be discussed at the January USEF annual meeting; basically the proposed rule would require all competitors riding USDF tests to wear a helmet.

Special Events: Linda Speer is organizing the PVDA booth at the Horse World Expo in Timonium, Md., January 20-23, 2011.

NEXT MEETING: February 7, 2011, at Linda Speer’s farm in Clarksville, Md. For more info: Michele Wellman, 301-873-3496.

Meeting adjourned at 10:25 p.m.
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