Elisa Harvey on Jordbaer with Tatiana Perez-Mojica on Duncan at the Chapter Challenge.

Photo by Rita Boehm
Post It with PVDA

Horses for Sale
✦ Perfect Christmas Pony! 10 hh choc. palomino gelding, 9 yrs old. Leadline or short stirrup. $500. Claire Lacey 301-854 1371

Horses for Lease
✦ Awesome 17.1H SWB/Han. schoolmaster avail. in Harwood/Davidsonville for partial lease. Trained and shown thru 4th level. Great again on trails in groups or alone. No vices. Perfect gentleman at all times. Facility has ind/outdoor rings, fields, trails, and a welcoming atmosphere, Susan Donohoe, 202-256-6121 or email: SusanDonohoe2@gmail.com Video: https://www.youtube.com/watch?v=KJuRdGJ-ha8&list=PLaOF2C_iPtJHU1yW3k6d_wVbso6HfaQRy

Boarding
✦ Winter (Nov.- March) boarding avail. w/turn-out and ind. arena at Windsor Manor Farm in Sandy Spring, MD. Heading to FL in Nov. and looking for someone to “sublet” my horse's stall for the winter. A good oppty to cont. your training regardless of how bad the weather gets! A wonder. facility with great people. Rita Boehm, 240-751-3978
✦ Ship's Quarters Farm in Westminster, MD, offers full care boarding, full training, and instr. w/resident trainer/owner Dona Ruth, USDF Silver & Bronze medalist, who has a diverse classical background and trains w/internat’l trainers and instructors. Instructs all levels. Wond. environ., clients, and staff. Lovely rolling hills, top notch care, ind. arena, three outdoor arenas, incl. regulation dressage rings and an extra-large jumping ring, trails, and hill work. Hot water wash stall, kitchen, bath & shower, www.pvdasouthernmaryland.org

Equipment
✦ 1) Sz. 32L Ariat choc. brn. breeches, worn 1x, $75 2) Sz. 32L SmartPak merlot Piper breeches, worn 1x 3) Sz. 26” Wintec Cair girth, $85 4) Sz. 24” Eng.-made blk. soft girth, $50 5) Sz. L Matrix saddle pad, $90, Jacki Holland, 540 454-5037 or email: hollandjacki8@gmail.com 6) 17.5” med. County Connection. Kept in climate-controlled environ. and cleaned after every use. Lovely saddle. $2,800 neg., Meghan Truppner, 443-838-6448 or email: karmierum@gmail.com 7) Children's saddle, 16”, very good cond., new stirrup leathers and breakaway safety stirrups, $150 8) Western Saddle, show saddle w/silver trim and tooling, like new cond., $400 3) Lexington TC Combined Train. saddle (with dressage tendency), 17”, brown, new cond. Fits just about any horse! $400 4) 34” reg. Tuffrider breeches, 12 pair, in like-new cond., blk, navy, sage, charcoal, $10, full tack rooms and trunk space. Several shows held on the facility each year. Dona Ruth, 410-751-9953 or email: shipsquartersfarm@msn.com or see website: http://shipsquartersfarm.com

January 2016
10 FADS Schooling Show at Celebration Farm. See www.frederickdressage.org
16 PVDA's 52nd Annual Awards Dinner and Silent Auction at the Carriage Room at Laurel Park Race Track, register online at www.pvda.org or contact Mimi Mack at 301-748-6844 for more details. Speakers include FEI rider Julio Mendoza and Johns Hopkins Breast Cancer Research Fellow Dr. Maureen O’Donnell
22-24 Horse World Expo at the Md State Farigounds. See www.horseworldexpo.com
New Board Of Directors

In accordance with our Bylaws the Board of Directors retained half of the Directors and voted to fill the remaining slots. The following board members are finishing their first year and 2016 will be their second year of a two year term: Mary Sue McCarthy, Linda Speer, Betty Thorpe, Mimi Mack, Christina Dale, Camilla Cornwall, and Megan Truppner. For 2016 we had 8 open slots and 11 people running for the board. We did a paper ballot and 114 members voted for the new Board of Directors. The 2016 board new board members are: Carolyn DelGrosso, Claire Lacey, Liz Erwin, Susan Stone, Marcia Mia, Wendy Emblin, Mary Pat Hedges, and Katie Stratton. We thank everyone who ran for the board and all the members who voted.

’Tis Better To Give Than To Receive!

Once a year the PVDA community comes together to celebrate the achievements of our members, as well as raise funds for educational events and shows at our Awards Dinner and Silent Auction. Please consider donating an item or your expertise to the silent auction! Contact Mimi Mack at 301-748-6844 or mimimack58@comcast.net.

Lesson Lottery Winner Update

Mimi Mack and her mare, Summer Sinclair (below), entered the PVDA Lesson Lottery and won a lesson with Michael Bragdell at Hilltop Farm - thank you Michael!

Dear Members,

This is my last President’s Letter, as my two year term expires this month. It has been a wonderful experience representing our membership and working with talented board members and volunteers. I thank the many folks who have given of their time to support PVDA. All things considered we have a volunteer base of close to 300. It does take a village!! Perhaps two highlights for me were the Janet Foy clinic at beautiful Wyndam Oaks, and the Ride for Life and meeting the people behind the Johns Hopkins Breast Center including the recipient of our funds, Hopkin’s fellow Dr. Maureen O’Donnell.

By the time you read this the new board and new officers will be installed. Please give them the same support you have shown me these last two years.

Happy Riding!

Mary Sue

The President’s Window

By Mary Sue McCarthy

president@pvda.org

The PVDA Newsletter is produced by the Potomac Valley Dressage Association: a USDF Group Member Organization. www.pvda.org • Copyright 2015
On Sunday, September 27, 2015, the Catoctin Chapter of PVDA had a fun day with horses and food (is there any other definition of fun?).

To celebrate the (almost) completion of the new indoor dressage arena at Leslie Raulin’s Blue Horse Farm in Jefferson, Maryland, we asked new chapter member and PVDA Board of Directors member Debra Nissen to give us a clinic. Instead of the usual clinic with individual lessons/instruction, Debra suggested a drill team clinic during which we could all ride together, have some new experiences with our horses, and hopefully laugh with each other. We accepted this suggestion with enthusiasm and dubbed it “Catoctin Chaos.” We also decided to follow the clinic with our annual chapter picnic.

Chapter riders Amber Brengel (Princess of Hope), Stephanie Corum (Ekcela), Debbie Lomb (Elorek), Donna Lucas-Maranto (P Renassaince), Debra Peebles (Wyndikayt) and Leslie Raulin (Aviani) arrived at Blue Horse Farm with excitement and anticipation. Chapter members Dona Hoffman, Nancy Isacsson, Gail Kohls, and Charna Moore happily audited from the observation deck. Dona served as the official clinic photographer.

Due to her strong yet soothing voice, Debra did not need the arena’s sound system. She started the clinic with a warm-up, asking us to follow our normal routine with others in the arena. During the warm-up Debra observed the horses, which varied from a 17.1hh warmblood to a 16.2hh off-the-track thoroughbred to a smaller sized Lipizzan/Arabian cross and three full Arabians (quite a variety to be in a drill team!). She then suggested pairs based on the horses’ gaits. Debra instructed us on how to work as a pair, particularly in circles and corners where the outer horse must work at a faster pace and the inner horse must work at a slower pace. This progressed to instruction in keeping matched with one’s partner when the partner is on the opposite arena wall. From there we progressed to line exercises with partners sometimes on the opposite wall and sometimes in front or behind each other, and how to form a line down centerline when each member of a pair approached A or C from the opposite direction. After we managed the lines, Debra introduced more complex maneuvers. We learned Thread the Needle, during which the pairs are on opposite sides of the arena and perform a long diago-
nal through X, alternating between the horses (pictured above). This exercise was initially quite challenging, particularly since the horses had different sized gaits, so getting each horse to X with the correct timing to avoid a collision was initially challenging. One horse decided he did not particularly care for the exercise (as soon as his rider was given a dressage whip to carry, he decided to participate). After a bit of practice, we started to look like pros.

The final exercise was the Ladder, during which the pairs are on opposite sides of the long arena wall and, at Debra’s command, we all turned toward the centerline in unison, crossed the centerline adjacent to our partner (facing in opposite directions), then proceeded to the wall and turned in the direction instructed by Debra. Although this exercise presents less collision opportunities, getting everyone over the centerline at the same time can be very challenging.

We had a lot of fun and many laughs and all agreed it was enjoyable to ride together. We also felt the exercises improved our dressage skills as they demanded that we vary our horses’ paces in order to be at the right place at the right time. We are looking forward to another drill team clinic with Debra.

We are very fortunate to have Debra as a new chapter member. She has lived and coached in four Asian countries so has many experiences to share. From New World Stables, her farm near Frederick, Debra offers lessons on her horses or on trailer-ins, boards horses, and has monthly free educational seminars (for information see http://newworldstables.weebly.com/ or on Facebook). Debra will also travel to farms for clinics.

After the clinic, riders took their horses home and returned to Blue Horse Farm for our annual chapter picnic, during which we all enjoyed fried chicken, beans, cole slaw, salad, biscuits and pot luck desserts, and of course entertaining conversation. The food was provided by our hospitality expert, Charna Moore.

The Catoctin Chapter meets on the third Thursday of the month, usually at a restaurant in Myersville, Md. New members are welcome at any time. For further information, contact our Chapter Chair Debra Peebles at Windwood3@aol.com.

Mt. Airy

Report and photographs submitted by Debbie McGrain

Introducing the Mt. Airy Chapter of PVDA located at Rockland Stables. We are small group of riders ranging in age from 13 to ?(well, let’s not go there). The Mt. Airy Chapter was formed this year with the idea of creating an environment of camaraderie and fun in which we could all grow and become better riders for our equine counterparts. This year was full of firsts for many of our riders. We debuted as a chapter at the Waverly-on-Chester Chapter Challenge with two teams, an

Continued on next page
Intro, and a Training 2 team. Intro riders: Debbie McGrain, Judy Fortin, Becky Widerman, and Kelly Jaeger won first for their division and our Training 2 team: Megan McGrain, Michael McGrain, Katie Andrews, and Emily Goldstein won first in their division as well. We all had a fantastic time and are looking forward to next year’s event.

Mt. Airy Chapter will be holding its December meeting at Rockland Stables to discuss our plans for the 2016 show season, date and time to be announced. New members welcome!

Shore Dressage

Report submitted by Deri Jeffers

Shore Dressage is alive and well and moving forward with lots of impulsion! On Saturday, November 14th we hosted an Eventing Dressage Clinic with Sinead Halpin at Sunset Bay Farm in Onancock, Va. We felt very honored to have such a successful event rider as Sinhead, who has competed and won at many prestigious events such as Jersey Fresh, Rolex, and Burghley to mention a few. In 2014 she competed at the WEG and was on the cover of the April 21st and 28th Chronicle. Many of her wins have been on her 14.2 New Forest pony, Forest Nymph!

The seven riders in the clinic were Claudia Duncan on her 17 hand, 14 yr old OTTB gelding whom she competes at the Prelim level; Kerra Johnson on her 10 yr old OTTB, Frankie; Kate Oshaben on her 17 hand TB gelding; Dr. Daryl Insley on his 4 yr old 17 hand TB gelding; Leah Zabarenko on her 10 yr old OTTB geld; Mallory Distler on her 6 yr old Dutch warmblood; and Aubrey Vande Brake on her 14 yr old TB gelding, Giovanni.

First to go was Claudia Duncan who has been showing Prelim for 2 years and did her first 1 star at Morven Park this summer. She started with a trot and canter warm up. Sinhead said she should plan her warm up carefully to help the horse. Sinhead said that in the canter work the rider should put her body in the position she wants the horse in. For example, on the left canter she should bend her outside knee more and bring her outside elbow back. In the trot-canter transitions, pay attention to where the hind legs are. In the working walk Sinhead said to feel how long you can get the outside of the neck and how short you can get the inside neck! Needless to say Claudia was very pleased!

Next was Kerra on a green 8 yr old TB/Warmblood cross. They worked on trot and canter circles to supple the horse longitudinally. Sinhead said to be specific and pay attention to where the horse is! Seat, legs, and whip control the energy. In the walk she had Kerra start with a 3 mile per hour walk and then move to a 5 mph walk. The horse should be consistently accepting the contact. In the trot, Sinhead had Kerra start in 5 mph then 7 and then back to 5, giving walk breaks in between.

Next was Kate on a 17 yr old paint trained by Dennis Glacum, but then retired for several years. She’s currently being shown Novice. After careful observation Sinhead suggested trot-canter transitions with an emphasis on the half halts to rebalance the horse. In the working walk Sinhead reminded Kate that the horse should be “working” not the rider! To slow the horse down slow down the posting!

Frankie was another horse ridden by Kerra, and he was raced for six years and then fox hunted for two, and has done some Novice events. He lacks harmony! Tik, Sinhead’s husband, took over but not the reins. He removed the bridle and put on a light rope halter and held a short rope lunge line. Tik said he doesn’t want the horse to “assume” what will be asked. Pressure motivates the horse. Horses like the release of pressure such as legs on and legs off. To watch Tik achieve what he did in such a small time was incredible!

Continued on next page
After some ground work he mounted and proceeded to walk, trot, and canter, with only the rope halter! Eventually Frankie relaxed and enjoyed the work!

Next to go was Dr. Daryl Insley on his new 4 yr old 17.1 hand TB gelding he had only ridden three times, but had already done one Novice event. Sinhead mounted and began in walk. She started to have a “conversation” with the mouth trying to ask for a softer conversation. She emphasized that with a young horse one must be very clear! In the trot work she asked the horse to go more forward but to breathe through the trot. Lateral and longitudinal suppleness is so important she said. Daryl then mounted and got a nice round forward trot! Sinhead asked Daryl to be careful about not over bending in the neck.

Mallory was next to go on her 6 yr old Dutch gelding. They started by asking the horse to move off the leg with some leg yield steps. Sinhead said that when he is walking don’t let him drop his head and curl. In the trot changes of direction she had Mallory change the direction with her seat bones and no hands. The horse had a habit of head tossing. Sinhead said don’t miss the opportunity to reward your horse, and when he gets unbalanced ask him to understand his job! The rider’s job is to give the horse confidence!

Last to go was Aubrey Vande Brake on her 14 yr old, 17 hand TB. Sinhead observed the trot work, which was relaxed and in a good frame. Then Sinhead asked her to ride with one hand and rest the other hand on her thigh while they changed directions several times. On the down transitions she wanted to see the horse sit down more behind and not drop his head. She asked Aubrey to make the decision to ask for a bigger trot with more rhythm. The decision comes from the rider, not the horse! In the canter they worked on different circles and to open the outside rein. Sometimes she was asked to lift her hands as if going up a flight of stairs. They ended on a very positive note.

Unfortunately Leah Zabarenko was being taught at the far end of the ring when Tik was giving his halter riding demo, but she was very content to have a quiet private session with a smaller fewer spectators! Needless to say this was an incredible experience not only for the riders but the auditors as well! A special THANKS goes to Cynthia Walton for organizing this clinic, Mary Dahkle for her coffee bar, and to Kathleen Kurgan for her sandwich bar!
November 7, 2015

Reports from the Jr/YR Clinic with Roy Toppings

Grace Blakeney
I really enjoyed the JR/Young Rider clinic held at Stonebrook Farm with Roy Toppings. I plan on showing First level next show season and Roy really helped me work out some problems I was having with the tests. I worked on how much and when to lengthen the stride in the trot/canter in this test, and making my circles rounder and diagonals straighter. I feel like I learned a lot by participating in this clinic and I would definitely do it again. Lastly, I would like to thank PVDA providing the clinic and Linda Speer for hosting.

Merrilea Cherry
My pony, Hot Ta-Molly and I began dressage about a year ago. Molly is 9 and I am 12, and we are working at Training level. Molly is a challenge as she likes to go very forward but on the forehand, braces, comes above the bit, and does not bend.

I was looking forward to the Roy Toppings clinic to get help with these issues. It would be the first clinic for us and I was a little nervous at first, but Roy was very nice and funny at times, and made a game out of the exercises he had us do.

One of them he called the broken line game. At the trot, we would do a 10 meter circle in one corner then ride across the diagonal to X and do another 10 meter circle in the opposite direction and continue on the diagonal to the corner and do another 10 meter circle changing direction again. We did this in both directions and then when Molly began to understand the bending better, he had us start to bend in the corners but then ride straight and not make the circle. If Molly lost the bend, we would go ahead and put the circle back in. We also asked Molly for more trot on the straight lines and asked the trot to slow down at the corners and circles. This really got Molly thinking and waiting for my cues much better than in the past.

The next “game” was called the double broken line where Roy had us do two shallow serpentines along each long side. Both Molly and I had to think fast and be ready for the quick changes in bend, and Molly had to slow down in order to play this game.

We moved on to some canter work which is especially difficult for Molly and I. She gets very fast and tense in the canter. Roy asked me to have Molly canter a 20 meter circle in the corner and then come back to trot before C or A and go across the diagonal to X, and if the bend and speed were not good we would add a 10 meter circle, otherwise continue to the opposite corner and pick up the canter in the other direction and repeat the exercise. Because Molly tended to gain speed with her canter in the past, we did not do a lot of cantering but we repeated this exercise many times and all the changes of direction and 10 meter trot circles really helped Molly start to balance better and not get so on the forehand. Roy could tell right away that one side was much worse than the other and said that it was important to work that side correctly so that we could make it better and have her more even on both sides.

Wow, that was a lot that Molly and I did in 45 minutes! And what a difference I could see it was making. We will definitely play these “games” at home and continue to work with all the great tips I got from the clinic with Roy. I am so thankful for the opportunity and hope we can do this again someday.
Meet the Newest PVDA Board Members!

Carolyn De Grosso has been a PVDA member for more than 30 years. As a Board member, she has served on the Recognized Show Advisory, Schooling Show and Chapter Committees. She has chaired the Education Committee and has also been the Secretary and Treasurer of PVDA and is our current Treasurer. Carolyn, a Silver and Bronze and USDF gold medalist, has been the Co-Chair of PVDA’s Ride for Life for several years and she looks forward to continuing her service on the Board.

When Wendy Emblin lived in England she was on both riding club and dressage boards but since moving to USA has been District Commissioner of Howard County Pony Club (HCP) and has also sat on the National Pony Club board for dressage. She has solely organized the HCP horse trials at least twice, and once the Capitol region PC dressage rally. She was on the PVDA board for several years and has been Vice President and been on the show committee. Wendy has been show secretary for numerous licensed shows in the 90s and early 2000s, at least 11 ranging from 1-3 days, and then more recently assistant show secretary. She has been show secretary and helper for the Jr/ YR team championships when Linda Speer organized them at PGEC. Together with Linda and Liz Erwin she has run the Chapter Challenge for 3 years.

Claire Lacey has been a PVDA member since 1992. She has been a full time equestrian for most of her life always sharing knowledge of horses with others. She has managed a saddlery store, produced shows and clinics and has run several facilities. A professionally trained instructor, barefoot trimmer and biomechanics coach. She has competed successfully in show jumping and eventing. Following a serious accident she has focused on dressage, teaching and select breeding of quality horses. She has worked with Charles De Kuniffy, Walter Zettle and international Classical trainer Marji Armstrong. She has been teaching for 40 years, including therapeutic riding. She describes herself as a “behind the scenes facilitator”. She is currently on the Board of Directors and Vice President for 2015, Merchandise manager for R4L 2014-2015, Volunteer coordinator for Loch Moy Recognized shows 2014-2015, and registrar for the Janet Foy New Test Clinic. She is Chair of the Education Committee and is on the Chapters Committee. She would like to see us be more member driven and encourages the sharing of knowledge and ideas.

Mary Pat Hedges grew up in MD with a lifelong love of horses taking weekly lessons and summer camp at Idlewilde Farm in Davidsonville, MD. College and early career growth sadly put her equine passion on hold until 2007 when she got back into horses with husband Sam, volunteering at Days End Farm Horse Rescue. They eventually adopted, two horses from there exploring competitive trail riding before returning to dressage. She has seen her horse Tinkerbell, grow fit and supple through steady classical training; they have competed at Intro and Training Level building confidence through PVDA schooling shows. When not riding Tink she loves to show support and enhance her knowledge by volunteering at both recognized and schooling shows; she is particularly fond of scribing and her husband has found his niche at the scorers’ table – some say they are a 2-for-1 volunteer package. She is also active in the New Market Chapter and is their Secretary.

Liz Erwin has been an active member of PVDA since the early 1990’s. She is an Adult Amateur who started riding in her early 30’s. She evented her first horse and then an OTTB for 12 years at both unrecognized and recognized shows. She made the transition to dressage only in 2005 with her current horse. She is a low-level competitor at recognized and schooling shows. She has qualified and successfully competed at BLM’s numerous times. She has volunteered at numerous PVDA shows over the years. Liz has been an active chapter member since early 2000’s and became involved with Ride for Life in 2004 as a volunteer, competitor and fund raiser where she volunteered to help close out the Rider Donation Awards in 2007. Liz was on the PVDA board in 2008, managed Ride for Life Rider Donations 2008, Chapter Challenge entry secretary for 2008-2011 and 2014-2015 and was entry secretary for Summer Showdown/Adult Team - 2012 and 2013.

Marcia Mia is an adult amateur bronze, silver and gold medalist who has been a member of PVDA for 18 years. She has managed the Exalt Farm schooling show for the past 7 years and is an active member of the Southern Maryland chapter, holding the past offices of treasurer and membership chair. Marcia is currently competing her mare Bella Palooza at Fourth level. When not riding, Marcia is a chemical engineer with the Environmental Protection Agency, wife to husband Rey and mother to Rachel and Ben. Marcia would like to help PVDA explore ways to make showing and education less scary and more fun for its members at the grass roots level.

Susan Stone joined Continued on page 13
Long Lining Clinic with Richard Malmgren

Article and photographs by Brianna Bowling

I had the opportunity to audit a clinic with Richard Malmgren recently. A native of Sweden, Richard came to the US to become a working student for Scott Hassler and Hilltop Farm. He eventually became a fulltime employee for Hassler Dressage and played an integral role in building the training and education center at Riveredge, in Chesapeake City, Maryland. In 2013, he formed his own business focusing on his long lining skills. He splits his time between Delaware and Wellington, Florida.

For this particular clinic, each horse was slotted for a 45 minute long lining work session where Richard worked the horse with some commentary for the owner and auditors so we understood the goals he had for the horse and how the horse was doing. I watched him work two horses, both with different “issues”.

As he began the work, it was obvious the mare he was working wanted to come into the circle. As Richard said, “she wants to put her inside shoulder in my lap.” He quickly moved into the canter as the “canter has tension and tightness so you can use it to fix the straightness and then reinforce in a slower gait.” He also said he sometimes uses the wall as its easier for the horse to find straightness along the wall. The owner of the mare reinforced the thought by letting me know that, when “you get on the next day (after he works the mare) its so nice and straight and even in both reins.”

Richard said the goals of long lining are simple and in this order – Straightness, thoroughness/connection, and stretch. “Long lining is about the basics – not the tricks. When I work the upper level horses, sometimes the owners think we are going to be doing piaffe but I don’t want them to piaffe because that is their evasion and they are not relaxed when they are doing it. You can only build muscles once the horse is relaxed. The recycle of energy happens when you have them relaxed, supple and through.”

“Its like going to the gym and doing so many push ups or sit ups. I am the coach making sure she doesn’t cheat and encouraging her to do just a little more – ‘No, you didn’t do that chin up all the way – keep going.’”

One goal that seemed to be common with both horses was that Richard wanted the horses to learn that evading or resisting just meant that they needed to work harder because he expected them to ‘carry their own weight’. He didn’t punish them for spooking or speeding up or really anything they did. Instead, the horse learned that misbehavior just meant more work and so eventually they settled into their work.

We discussed when to quit or give breaks and when to be satisfied. “Knowing when to quit is an art. Sometimes you don’t go long enough and sometimes you go too long. For example, I was about to be satisfied and quit but then she just gave me this big release and relaxed so we kept going for a little longer. The key is knowing when to stop and give them a break where they don’t need to work.” He proved his point but shortly after stopping the work and letting the mare amble around for a bit.

That doesn’t mean you are looking for perfection though. “I want her to stretch a little more – yes! But we will get there and I am very happy with this. That is the perfectionist, the ideal. But this is a huge improvement with more

Continued on next page
swing in the back so its  
good enough for now.”

The next horse was much more forward and his evasion  
was to go forward, buck and go faster. Richard said the  
best approach was to ignore the bad behavior and keep  
with the program and eventually he would come back to  
Don’t let him take advantage but if he wants to evade with  
a bit of exuberance, he will realize he needs to carry himself  
there and its more work that way.”

Because he was looking for forward energy, a faster gait is okay.  
“If he chooses to go up to canter  
that is okay because I want forward energy. If he chooses to go  
down to trot, its my job to push him forward.”

Richard pointed out that when  
he is long lining, he is not on a  
circle but its more of a diamond  
shape. He walks along with the  
horse’s movement and the diamond  
shape occurs because he is looking for straightness which is  
easier to obtain in a diamond or octagon than in a circle.

Once the horse settled into his work, Richard offered the  
horse the chance to stretch and relax but when he did the  
transition was not obedient so he started again briefly and  
once he was working well again, offered the reward of a  
break again.

I wondered why long lining is so effective – why can’t  
riding achieve the same goals? Richard pointed out that,  
“when spooks happen in the saddle, there is the ricochet  
effect and seat bones, hands or whatever. But on a long  
line that does not exist so they have to carry themselves so  
the horse obtains understanding quicker.”

Ambidexterity is also important. Most horses are weaker  
to the right but Richard always starts the horses to the left  
since that’s the most common way of handling a horse.  
Once he knows the horse and if he/she has difficulties to  
their right he might try to start going that way first to see if  
the fresh energy of the horse can be used to work the more difficult direction.

Towards the end of the clinic,  
Richard summed up one of his end  
goals – to make the horse feel like a success. “My job is to set him up for  
success. If he can’t hold the canter for long then its my job to get just a few  
steps of quality canter and then move him back down to trot so he understands and feels good about what he did. If I get a horse that is scared and worked up by the long lining that never settles down and his nostrils are flaring and breathing heavy  
when the session is over, I would suggest trying one more time another day and if the result is the same the next time  
then long lining might not be a tool for that horse.”

Richard quickly added though, “So far I haven’t had a horse that didn’t end up having a relaxed content look in his eyes and feeling fully proud of himself.”

Continued from previous page  Potomac Valley Dressage  
Association in 1982. A lifelong equestrian, Susan joined PVDA primarily for her daughter’s  
further development in Pony Club. Although very experienced in the hunter/jumper discipline, she was unfamiliar with Dressage. She came with a strong love of horses and willingness to learn; and learn she did. Over the past 35  
years, she has been a dedicated and tireless "behind the scenes" member of PVDA. This has included: Show Manager, Developer for programs, Graphic Artist/Editor for newsletter, Administrator, Scorer, Presenter of awards, and Gatekeeper. Often juggling several roles at once, she was never too busy to help calm a nervous rider or horse, or handle a last minute change. Although Susan is currently not a trainer or a high level rider, she has the knowledge,  
compassion and loyal dedication to Dressage and PVDA. She loves to ride and care for her horse Connor, and attend clinics and various educational opportunities.

Katie Stratton currently serves as Chairman of the  
PVDA New Market Chapter. She has been a PVDA member for 8 years and has volunteered for PVDA in numerous roles from scribing and scoring, to managing several licensed and schooling shows, as well as the Chapter Challenge. She has also organized many events and clinics for the New Market Chapter and her own barn. Katie has ridden in a variety of disciplines for over 20 years and was an active member of her local Pony Club and 4-H. She has worked in the horse industry for over 12 years and is now a dressage trainer and instructor operating her business in Westminster, Md.
PVDA Schooling Show

Celebration Farm, Union Bridge, Md • October 11, 2015

PVDA Schooling Show

PVDA would like to thank Nancy King for managing the show.

PVDA Schooling Show

Schooley Mill Park, Highland, Md • October 24, 2015

PVDA would like to thank Whitney Johnson for managing the show. It was a brisk Fall morning and afternoon, but the horses and riders made it a very enjoyable day! Thanks go out to Jocelyn Pearson for judging, and our wonderful volunteers who endured the elements -- Vicki Carson, Heather Ovelmen, Maria Rojas, Alison May, Megan May, and Brian Johnson. Also, thanks to Camilla and Maia Cornell, Ninja Nissen, and Kitty Martin for ring setup.

USDF Introductory Level High Score Winners
Champion: Julie Hoskyn/72.50%
Reserve Champion: Martha Gagne Baity/71.25%

USEF Training Level High Score Winners
Champion: Rebecca Douglass/72.72%
Reserve Champion: Heidi Johnson/72.72%

USEF First Level High Score Winners
Champion: Bonnie Sink/72.22%
Reserve Champion: Pamela Parker/68.53%

USEF Second Level and Above High Score Winners
Champion: Rebecca Douglass/66.22%

Class 1. Introductory Level Test A
1. Julie Hoskyn/Es Marilyn Monroe/72.50%
2. Martha Gagne Baity/Alex’s Signal/71.25%
3. Jennifer Neemann/Golden Safira/68.750%
4. Kay Anderson/Lane Four/66.875%
5. Jodi Goldman/Adam/62.188%

Class 2. Introductory Level Test B
1. Jennifer Neemann/Golden Safira/70.000%
2. Ellinore Homan/Gandalf The White/66.563%
3. Kay Anderson/Lane Four/66.250%
4. Jodi Goldman/Adam/66.250%

Class 3. Introductory Level Test C
1. Julie Hoskyn/Es Marilyn Monroe/70.750%
2. Jennifer Neemann/Golden Safira/69.750%
3. John Secan/Alex’s Signal/66.500%
4. Amanda Bowen/Whiskey Girl/63.000%
5. Erica Carroll/Aladdin: There’s An App For Tha/55.750%

Class 4. Training Level Test 1
1. Lynn Adams/Gulliver/71.087%
2. Karen Colbert/Steel Reserve/68.913%
3. Holly Kowgios/Zoey/66.522%
4. Erica Carroll/Aladdin: There’s An App For Tha/56.087%

Class 5. Training Level Test 2
1. Celia Henein/Finders Keepers/79.231%
2. C. Jane Cox/Alexis/78.077%
3. Courtney Peiffer/Cowboy Casanova/76.731%
4. Lynn Adams/Gulliver/74.615%
5. Janet Andres/Heat Wave/69.615%
6. Katie Andrews/Elegant Athena/68.077%

Class 6. Training Level Test 3
1. Lynn Adams/Gulliver/76.591%
2. C. Jane Cox/Alexis/74.773%
3. Courtney Peiffer/Cowboy Casanova/70.227%
4. Mary-Pat Hedges/Tinkerbell/67.500%
5. Janet Andres/Heat Wave/66.591%

Class 7.1. First Level Test 1, 2 and 3
1. Pamela Parker(1-1)/Irish Splash/66.111%
2. Pamela Parker(1-2)/Irish Splash/62.344%
3. Carrie Ahonen(1-2)/Lady Brenna Of Winterfell/57.188%
4. Carrie Ahonen(1-3)/Lady Brenna Of Winterfell/56.765%

Class 10.1. Second Level and Fourth Level
1. Jacqui Ross(2-1)/Kojo/70.606%
2. Rebecca Douglass(4-1)/Spring Hollow Raindancer/67.703%
3. Rebecca Douglass(4-3)/Spring Hollow Raindancer/65.444%

Class 11. Second Level and Above - All Tests
1. Bonnie Sink(1-1)/Orchestrated By Prelude/72.222%
2. Pamela Parker(1-3)/Irish Splash/68.529%
3. Bonnie Sink(1-2)/Orchestrated By Prelude/68.281%
4. Pamela Parker(1-2)/Irish Splash/67.813%
5. April Tennyson(1-1)/Small Town Boy/65.000%
6. Jennifer Grason(1-1)/Travieso/60.682%

Class 20.1. First Level - Third Level
1. Bonnie Sink(1-1)/Orchestrated By Prelude/70.192%
2. Marjolein Kuhlkin/Gandalf The White/69.615%
3. Karen Colbert/Steel Reserve/68.654%
4. Lynn Adams/Gulliver/68.462%
5. Holly Kowgios/Zoey/67.115%

Class 30. First Level - All Tests
1. Bonnie Sink(1-1)/Orchestrated By Prelude/70.192%
2. Pamela Parker(1-3)/Irish Splash/68.529%
3. Bonnie Sink(1-2)/Orchestrated By Prelude/68.281%
4. Pamela Parker(1-2)/Irish Splash/67.813%
5. April Tennyson(1-1)/Small Town Boy/65.000%
6. Jennifer Grason(1-1)/Travieso/59.259%

Class 31. Second Level and Above
1. Rebecca Douglass/Spring Hollow Raindancer/66.216%
PVDA Waverly-on-Chester Chapter Challenge

Prince George’s Equestrian Center, Upper Marlboro, Md • November 1, 2015

Class 2. Introductory Level Test B
1. Mt. Airy / 62.19%
   Judy Fortin / Quoit Handsome (51.250%)
   Rebecca Widerman / Soloist II (58.125%)
   Kelly Jaeger / Second Chance Girl (72.813%)
   Deborah McGrain / Otis II (58.125%)
2. Bayside / 60.52%
   Tina Parks / Rhapsody In Gold (65.313%)
   Kate Williams / Zana (55.625%)
   Cristina Kuessner-Ford / Our Little Secret (60.625%)
3. New Market / 57.19%
   Kathleen Stratton / Zahira (55.625%)
   Fran Florh / Mikey (57.500%)
   Jennifer Neemann / Golden Safira (58.438%)
4. St Mary / 56.77%
   Kenzie Mattingly / Cool LaDiva (58.125%)
   Alexxis Stanalonis / Figure It Out (53.438%)
   Sydney Guy / Bartender (54.375%)
   Karenan Smart / Molly (57.813%)
5. Clarksville / 56.25%
   Sydney Hergan / No Patience Here (51.250%)
   Ashley Christian / Ashton (60.625%)
   Cheryl Resch / L.A. Albert (56.875%)

Class 6. Training Level Test 2
1. Mt. Airy / 66.99%
   Michael McGrain / Casanova (68.654%)
   Katie Stratton / Golden Safira (67.727%)
   Mary-Pat Hedges / Tinkerbell (56.591%)
   Emily Goldstein / Siouxperlucky (68.654%)
2. Bayside / 65.45%
   Allyson Ravarino-Hasell / Austin (65.962%)
   Alexa Seip / Oakengrove Giselle (65.962%)
   Sydney Hergan / No Patience Here (51.250%)
   Jennifer Neemann / Golden Safira (58.438%)
3. Clarksville / 65.25%
   Sydney Hergan / No Patience Here (51.250%)
   Ashley Christian / Ashton (60.625%)
   Cheryl Resch / L.A. Albert (56.875%)

Class 8. Training Level Test 3
1. New Market / 63.86%
   Katie Stratton / Golden Safira (67.727%)
   Mary-Pat Hedges / Tinkerbell (56.591%)
   Courtney Peiffer / Cowboy Casanova (67.237%)
2. Clarksville / 61.89%
   Dawn Blanchard / Thomas The Cat (61.591%)
   C. Jane Cox / Alexa (68.182%)
   Amanda Seymou / Dalia (45.385%)
3. St Mary / 60.52%
   Latina Perez-Mojica / Raising Caine (63.192%)
   Liz Erwin / After Six (63.281%)
   Elisa Harvey / GVF Jordbaer (61.923%)

Class 14. Second Level and Above
1. Southern Maryland / 67.27%
   Elizabeth Farina / Briggs (70.000%)
   Marcia Mia / Bella Palooza (68.846%)
   Marija Treschman / Her Ladyship (68.939%)
2. Bayside / 66.38%
   Elizabeth Callahan / A Stylish Olena (60.962%)
   Elizabeth Callahan / A Stylish Olena (60.962%)
   Elisa Harvey / GVF Jordbaer (61.923%)
   Tatiana Perez-Mojica / Raising Caine (63.192%)

Class 16. Musical Freestyle Test of Choice
1. Clarksville / 68.02%
   Samantha Richards / CBMF Stolen Kisses (70.833%)
   Elisa Harvey / GVF Jordbaer (66.000%)
2. St. Mary's / 65.00%
   Cynthia Buckland / Fabelt (65.122%)
   Marcia Mia / Bella Palooza (68.846%)
   Marija Treschman / Her Ladyship (68.939%)
3. Metro / 64.75%
   Tatiana Perez-Mojica / Raising Caine (63.500%)
   Elisa Harvey / GVF Jordbaer (66.000%)

Class 18. Quadrille
1. Clarksville / 78.08%
   Ulla Parker / Shere Khan (71.250%)
   Kayla Muller / Admiralty (65.625%)
   Mogie Bearden-Muller / Birgada (69.219%)
   Kevin Emblin / Goldwahrung (65.469%)
   Samantha Smith / Grover's Slapshot (62.031%)
   Jaclyn Sink / Spirit (64.375%)
   Liz Erwin / After Six (63.281%)
   Brooke Wensel / Cajun Sun (58.750%)
   Alison Dodes / Dewars (56.719%)
   Annmari Ingersol / Joe Cool (63.281%)
   Samantha Richards / CBMF Stolen Kisses (63.281%)

(left) Jonah Jaeger riding Second Chance Girl at the By Chance Farm schooling show.  
Photo by Linda Byrd.

(right) Long time PVDA member Estelle Beemer, riding Aticus at the Jeremy Steinberg Clinic at Lori Larson’s beautiful Wyndham Oaks on October 31.  
Photo by Jocelyn Pearson.
From Contact to Connection to Collection

By Hilary Walker, Photo by Hallie Ahrnsbrak

On June 6th and 7th, the Tri-County Chapter hosted world-renowned clinician Jane Savoie for a clinic at the Chesapeake Dressage Institute titled, "From Contact to Connection to Collection."

The fifth rider was Lisa Gruen riding Teddy, a 14 yo Dutch gelding competing 4th level.

Issue: the horse is hollow to the left.

As an aside, Jane began by noting that the curb chain mustn't be too loose: it should kick in when at a 45° angle.

She then worked on flexing Teddy at the poll. Lisa was asked to open her fist on the indirect (inside) rein, by turning it outwards, then upright, then outwards, then upright, until the horse gives, so his hind end isn't blocked.

Jane reminded us that the poll must be unlocked. In walk, flex the horse left and right to supple his poll - not his neck, because horses can flex their necks without flexing their polls! This is not a sawing action, it's turning the wrist left and right asking for flexion at the poll.

When working on a regular circle, bend the horse's neck 1 inch to the inside (+1). Prepare to canter with a bend of 7 inches to the inside (+7), which is the maximum a horse should be bent. Bend as far as your horse can manage up to 7 inches. (She has an article online about this: Supple Your Stiff Horse.)

She warned us that if the neck is stiff, the back is stiff. Also, a shortened neck means the horse's stride is short, while a long neck means a long stride.

If the horse snatches at the reins, he's asking for more constant contact. She told us not to drop the inside contact when he gives, yet cautioned that if the horse gives only because we're holding the inside rein, this is not correct suppleness. "Ask for three suppleces, wait for a few strides, then repeat."

The 3 tests of suppleness:

Test 1: When you flex, the weight of the horse in your reins stays the same as before. If he is too light in your hands - which you don't want - use more inside leg.

Test 2: When you take up the reins and he puts his head down. Putting his head up is bad!

Test 3: When his legs stay on track and don't swing left or right when you flex him.

Suppling the horse in trot

1. Get a regular, slow trot
2. Ask for 3 x 7 inch (+7) bends, then nothing for a few strides (straight)

Jane explained:

• A vibrating rein asks for flexion at the jaw
• The reins can control the shoulders – as in neck rein ing

Moving the horse's shoulders to his hollow side

While riding to the left, Lisa was asked to move both reins to the left to move the horse's shoulders to the left (hollow side). Afterwards her hands went back to the 'home' riding position.

Lisa performed the same exercise in the other direction, still popping Teddy's shoulders to the left. Down the long side on the right track, Lisa was asked to counter flex left, then do nothing, then use left flexion to place the shoulders left. Jane reminded us that we can't use the reins to fix the hind legs.

The last rider was Hallie Ahrnsbrak on Gus, a 13 yo SWB gelding competing at PSG.

Issue: His left shoulder pops in and his haunches come in left

Once again, Jane wasted no time introducing exercises to fix the problem.

Exercise in Shoulder-Fore

Ride shoulder-fore on the left rein and increase the angle to shoulder-in just before the corner

1. Decrease the angle after the corner, and lighten contact
2. Ride this in walk and trot, and open the inside rein with active inside leg

Note from Jane: Riders should always go round corners in shoulder-in for trot and shoulder-fore in canter. She said: "Think of shoulders-in as 'shoulders-up'."

Suppling Exercises

1. Ride a 20m circle in walk to

Continued on next page
trot in shoulder-in. Decrease to shoulder-fore, increase to shoulder-in, decrease to shoulder-fore, etc.
2. When in shoulder-fore, transition to canter (Jane warned that if we ride shoulders-in in canter we risk the canter becoming four beat.)
3. Transition to shoulder-in in trot
4. Transition to shoulder-fore in canter
5. Transition to shoulder-in in trot
6. Walk on a long rein
   A supple horse will let you move his shoulders left or right with your hands.

**Canter to walk exercise**
   Slow the canter to a ‘walk mph’ then relax the seat to come down to walk.

**Half-pass exercise – to the left**
   Use the inside left rein and inner bend with the outside rein into his shoulder to move him across.

**To correct canter half-passes that get long and flat**
   1. Before asking for the canter half-pass, shorten the canter in shoulder-fore as you come in the corner
   2. Begin half-pass, move into shoulder-fore and shorten the stride
   3. Ask for half-pass, then move into shoulder-fore with collecting half halts and ask for half-pass again

**Canter exercise to develop self-carriage**
   1. Use the legs, seat and half-halt, then give him a second for self-carriage.
   2. We want our horses to become controllable with our finger tips. If he doesn’t listen to your quiet, ‘finger-tip’ half-halt aid, raise the inside hand for a full halt.
   3. Repeat with first a finger-tip half-halt, then a corrective full-halt if necessary, until the finger-tip half-halt works.

   Gus didn’t listen to Hallie’s first finger-tip half-halt, so she followed it with a full-halt. The second time Gus listened beautifully and came back with only a whisper of a half-halt from his rider. He was rewarded by the session ending.

   The whole day was fun and amazingly instructive. It was interesting to witness how Jane successfully addressed the issues of each horse and rider with her insight and easily understood methods. We auditors were most keen to try them out on our own equines! Thanks to PVDA for providing a chapter subsidy to Tri-County Dressage and helping to make this clinic possible. Also, a thank you to Chesapeake Dressage Institute for graciously allowing us to host the clinic at their beautiful facility.
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: JANUARY 2016**; **DEADLINE: DECEMBER 10; DISTRIBUTION: early JANUARY 2016**

Send materials to the appropriate editor below. Late materials may be published in a subsequent newsletter as deemed appropriate. Editors reserve the right to edit all material. All submissions are subject to editorial approval.

**Send your submissions to the appropriate editor:**

✦ **Display Ads, Chapter News & Photos:** 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)
✦ **Calendar of Events:** calendar@pvda.org (Jocelyn Pearson, Calendar Editor)
✦ **Change of Address/Membership Renewal & Information:** membership@pvda.org (Carolyn Del Grosso, Membership Coordinator, 10401 Peak View Ct., Damascus, MD 20872; 301-509-9566)
✦ **General Information:** info@pvda.org
✦ **PVDA Web Site:** www.pvda.org

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**Potomac Valley Dressage Association Membership Application 2016**

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:

| Membership Level | 1 YEAR | 2 YEAR | I would like to Volunteer:
|------------------|--------|--------|-----------------------------|
| Junior Affiliate (<18) | $45 | $75 | Scribe
| Young Adult (18-21) | $60 | $100 | Manager
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| Senior (65 & Older) | $45 | $75 | Runner
| Patron            | $75 | $125 | Scoring
| Business Affiliate | $100 | $175 | Computer
| Family (priced for 2) | $85 | $145 | Set Up
| Additional Family | $20 ea | $40 ea | Breakdown

Life Adult Member: $799

I offer the following services:

- Instruct at Level: ________
- Judge at Grade: ________
- Trainer at Level: ________
- USEF TD at Level: ________
- Breeder of: ________

List my Phone #: Yes No
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I would like to donate toward:

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

PVDA Membership Directory Options

Mail completed applications with check made payable to PVDA to:
Carolyn DelGrosso, PVDA Membership
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Damascus, MD 20872

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New Owners Joe and Candace Herzog want to welcome you to their 150 Acre equestrian campus in Frederick, Maryland!

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www.PeaceOfMindDressage.com
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Dinner And Silent Auction

Saturday, January 16, 2016
6-10 pm | $45 per ticket | Reservation deadline January 4, 2016

The Carriage Room
Laurel Park Race Track
198 Laurel Race Track Rd
Laurel, MD

Guest Speakers
FEI Rider, Julio Mendoza Loor
Johns Hopkins Fellow, Dr
Maureen O’Donnell

Register online or send a check made payable to PVDA to
Mimi Mack, 11910 Clayton Ct, Monrovia, MD 21770
Note: Volunteer certificates can be used as payment

Name

Address

Phone
Number of Guests