



# e:news SALUTE

May 2010 June

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## SWVADA News...

### Educational Sunday

“Our best ever” was just one of the positive comments received from attendees at this year’s event. Over 75 people attended this popular educational forum held at the Alphin Stuart Arena at Virginia Tech on March 21. Laura Nelson did a superb job of organizing and overseeing our 15th annual educational forum. Judy Westenhoefer’s “Up the Levels” Demonstration, featuring different horses being ridden simultaneously, beautifully illustrated the striking differences in athletic ability and self carriage obtained through correct schooling using the dressage training scale to ascend the levels of dressage competition. Morgan Dillard Harris revealed the importance of establishing respect and control on the ground by working with a wayward pony all the while explaining to the audience the methodology of her groundwork skills. Both Judy and Morgan’s live demonstrations were very enthusiastically received. The Equine Law seminar with attorney Jennifer Wolz also proved to be immensely popular. In fact, it was suggested by participants that we continue to feature a legal seminar at future educational forums. USDF Certified Instructor and “L” graduate, Tracey Oliver-Smith relayed valuable tips for “Improving Your Dressage Score Without Taking a Lesson.” and Dr. R. Pleasant enlightened everyone with his “Veterinary Update.” Entertainment was provided by the VT Equestrian

Team with their impressive debut performance of a quadrille ride during the lunch break.

Tremendous thanks to all our clinicians, demo riders, and volunteers, without whom this event could not take place. We are also grateful to Virginia Tech Dept of Animal Science and Poultry for the use of their wonderful facility.

### The Insurance Issue

If you remember from the last issue of The Salute, we were facing quite a quandary regarding the cost and coverage of liability insurance for our clinicians. Thankfully, this issue has been resolved due to the many hours that Blanche Mahoney spent deciphering and navigating through the confounding world of insurance rates and regulations to come up with a new company and policy that will suit our needs and budget. Thanks are also due to Annette Massey-Shaw and Tracey Oliver-Smith who assisted in the research of this endeavor.

### Adult Camp

It is now official; SWVADA Adult Camp is back :-). It will be held at StoneBridge Farm (formerly Fancy Hill Farm) in Natural Bridge on Oct 8-10. Liz Steacie, our favorite Canadian clinician, is back by popular demand. “Judge Judy” (Westenhoefer), one of the areas most popular and knowledgeable judges, has also agreed to teach. Jan Keener, our talented and beloved cook, will be back to delight our palates. Marie is currently working on procuring a mas-

*The medals don't mean anything and the glory doesn't last.  
It's all about your happiness. The rewards are going to come, but my  
happiness is just loving the sport and having fun performing.*

*Jackie Joyner Kersee*

sage therapist and saddle fitter. She is also looking for a volunteer to coordinate the gift swap. This job can be as simple as making sure that all participants bring a gift or as elaborate as arranging for corporate sponsors to donate items. This year's tuition is \$650. The opening date is June 1. Space is limited.

To reserve your space send your \$200 deposit to Marie Klimchuk c/o SWVADA Adult Camp, 1166 Thoroughbred Xing, Bedford, VA, 24523. A \$25 discount will be extended to campers who submit the total tuition before August 15. If you have questions or suggestions, please [contact Marie](#).

## 2010 Schooling Show Calendar

May 29 Show at GHPEC Manager: Mary McFee Secretary: Pat Nelson

July 10 Show at GHPEC Manager: Blanche Mahoney Secretary: Beckie Mitchell

October 2 Show at GHPEC Manager: Maeve Crowgey Secretary: Heather Weaver

refer to website [www.swvada.org](http://www.swvada.org) for updates and changes

### ***Educational Opportunities...***

***Fix-a-Test*** is scheduled for June 19th at GHPEC. This format, a hybrid between a schooling show and a clinic, present beginner competitors and green horses with an excellent opportunity to test the waters. Judy Bonin is the manager for the June clinic. For more info [contact Judy](#)

***Freestyle Clinic*** with Eveyln Susol is scheduled for August 14 at Greenhill Park. For more information, [contact Blanche Mahoney](#)

***Video Library*** For a complete listing of educational dressage videos and DVD's see our website at [www.swvada.org](http://www.swvada.org) Contact the video librarian, Katherine Gramam to arrange checkout at [KCGraman@aol.com](mailto:KCGraman@aol.com) And please remember to send your Southern States feed proof of purchase labels to Cindy Sours. These labels are SWVADA's source of funding for the video library.

***For more Educational Opportunities log on to [www.swvada.org](http://www.swvada.org) and click on the calendar***

### ***GHPEC News***

The committee has decided to add another fund raising show for the park in July. It will be held on July 29th, 5 p.m. — 7 p.m. and will (tentatively) follow the same format as the Winter Series shows. Volunteers are needed. [Contact Leslie Prillaman](#) for more information.

There have been some issues concerning dragging the arenas, such as shows setting up too early, that need to be addressed.

Bob Whitehurst has sold the old sound system for \$182. He also will be taking the old manure spreader and donating \$200 to the park for it.

The park now has a new picnic area beside the round pen and three barns have been stained to match the others thanks to the Boy Scout's projects.

### ***A few important reminders to members of GREEN HILL PARK***

Gates must be locked behind you to discourage trespassers.

Dogs must be on a leash at all times.

Guest(s) must have applied for one day pass to ride with members. Furthermore, if a non-member is found riding with out proper validation, the member he came with risks having his membership revoked. Ouch!

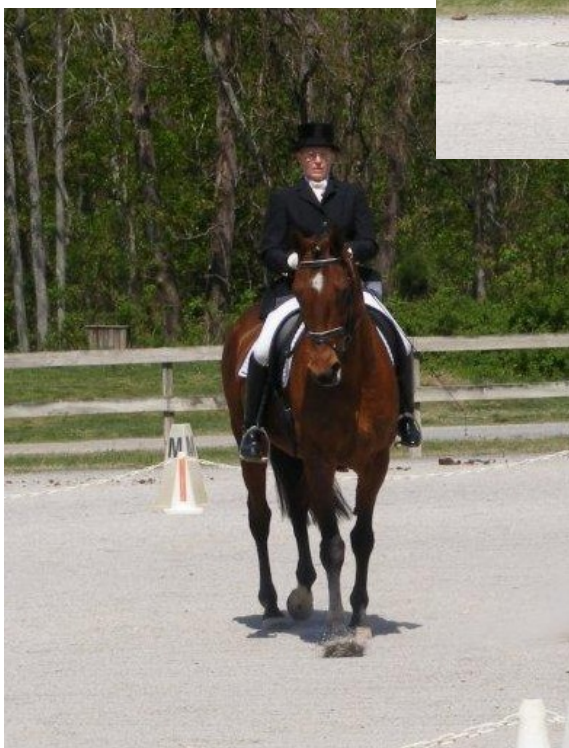
If you rent a stall at Green Hill and do not clean it before you leave you will be denied the use of the stalls in the future.

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# SWVADA Schooling Show

April 17, 2010

Green Hill Park Equestrian Center



## VADA News

VADA currently has 723 members and over \$112,000 in the treasury.

The Board has appointed a new committee that will be chaired by Jessie Ginsburg, VADA's Treasurer. The committee's task will be to look at the club's finances and make recommendations to the Board regarding improving the Silent Auction and other fundraising activities. They will also be increasing the chapter grant funds and starting a separate "rainy day" fund.

Chapter grants for 2010 will increase from \$400, \$600 and \$700 to \$600, \$800 and \$900. Future increases will go to the Finance Committee for review.

VADA will be hosting the 2011 GAIG's Region One Dressage Championships. New Jersey will be hosting the 2011 BLM Show.

A donation to the Virginia Horse Center for stall footing is under consideration. Tina Longaker recommended that \$5,000 be donated. The finance committee will review the recommendation.

Jan Brink, Sue Blinks, Monica Theodorescu, and Lilo Fore are a few of the clinicians under consideration for the April 2-3, 2011 Clinic.

VADA is now a partner with Moxie Equestrian. VADA members are entitled to a 10% discount. Visit their site: [www.moxieequestrian.com](http://www.moxieequestrian.com) and enter member number PWM112 to receive your member discounts.

*Get over the idea that only children should spend their time in study.  
Be a student so long as you still have something to learn,  
and this will mean all your life. Henry L. Doherty*

## SWVADA 2010 Adult Camp

**October 10 - 12 at Stone Bridge Farm, Natural Bridge**

**Clinicians: Liz Steacie & Judy Westenhoefer**

**Tuition: \$650 includes private lessons, lectures, motel, all meals, and stall.**

**Accepting deposits June 1 — Deposit (\$200) due August 15**

**\$25 discount for tuition paid in full by Aug 15th**

**SPACE IS LIMITED**

**contact Marie at 540-314-9114 or [cobbsmtnfarm@verizon.net](mailto:cobbsmtnfarm@verizon.net) to register**

*"If you have not yet experienced camp, you are missing out on the best equine event offered in Southwest Virginia."*

*Marie Klimchuk  
veteran camper and 2010 Camp Coordinator*



# FREE YOUR RIDING FROM NEGATIVE EMOTIONS

## ***Part 2: How to Recognize an Emotional Response***

Physical feelings tend to arise when an emotional reaction comes on. While the feelings vary, here are some questions to consider. Is your body tightening? Does it seem like your blood pressure is rising? Is all your energy traveling to your head? Do you feel like you are about to explode?

It's important to learn to recognize when your emotional state begins to change. Allow yourself to become aware of how your emotional well-being can change stride to stride or moment to moment. It may seem like a simple exercise, but it's a very important one.

Once you can recognize when you're beginning, in the middle of, or ending an emotional reaction, you can start making choices about how you'll respond. But first, you must know what you're trying to achieve. You might want to take a few minutes to write in a journal what you are working toward as a rider. Some questions to ask are:

- How do I want to ride?
- How do I want to feel while riding?
- How do I want to respond to myself and my horse before, during, and after my ride?

I encourage you to take some time right now, before reading further, to take advantage of this opportunity for self-awareness. Answer the questions as if you are already doing these things. Using first person, "I am" statements are very powerful. "I am" helps anchor the reality of what we want instead of making way for any happenstance our emotional reactions may allow.

For some, recognizing that they are getting ready to or have already lost control is enough, and they can say, "Stop," and get back on track. Others may have to do a little self-counseling, which is a tool we can use at any time, in any place for quicker resolution and for getting back on track. I now practice about 31 skills I learned during the first year of my graduate program, Spiritual Psychology, at University of Santa Monica. Some very helpful ones to get you started follow.

### **Listen to Yourself, Without Judgment**

When you learn to truly listen, you open your heart to yourself, dropping all judgments of good, bad, right, and wrong and just letting yourself be heard. Listen to the pain, the upset, the frustration, whatever your inner voice wants to share. So many of us have spent a lifetime ignoring the upset voices inside, which end up expressing themselves, usually in outbursts of emotions. Our inner voice holds the key to our success. We have inside of us all the answers we need to live happily.

It's important that when you listen to yourself, you do so without judgment. To make an accurate judgment we

must understand the situation from every angle. Because we can never understand something 100 percent, our judgments will be less than 100 percent accurate and will contain only partial information. Typically, the judgments we make are based on our experience in a similar situation, someone else's experience, or the fear of what could happen. And if we are living in the pain of the past or fear of the future, we won't be open to the present moment and all the lessons it has to offer. But staying in this moment (which is all we ever really have), while everything is new and fresh, and avoiding judgment, we can be the most creative in problem solving. The present moment offers much opportunity.

It's also important to avoid judgments because they give us a misinterpretation of reality, which is usually also narrowly focused. Once we judge something, we lose the ability to see the whole picture, from all its angles.

Make a list of all the judgments you may have put into play in the situation.

Now that you have identified your judgments and the obstacles they create, you must release them. I use two forgiveness phrases: (1) "I forgive myself for judging myself as...." and (2) "I forgive myself for buying into the belief that....". If you have other ways to let the judgment go, use them. By releasing the judgment, we create space for a new thought pattern. With this space we can reframe the situation.

### **Positive Reframing**

Positive reframing is simple and fun. Now that you have released the judgment, you can reframe the information positively, truly looking for an opportunity to grow. Basically, you're creating a new truth. Here is an example.

Judgment – Why won't my bad pony get in front of my leg today?

Emotional reaction – I kick him harder or use the whip aggressively. No result. I do it again, harder, and again.

Acknowledge and list judgments – My pony is bad. My pony won't listen to my leg.

Internal judgments – I don't know what I'm doing. I can't do this.

Release of judgments – I forgive myself for:

- Buying into the belief that my pony is bad
- Judging my pony for not listening to me
- Buying into the belief that I don't know what I'm doing
- Buying into the belief that I just can't do this

My pony isn't bad. He just doesn't understand what I'm asking and is simply responding to the aids the way I'm applying them.

I *can* do this. I'll just go get some help or try again. I've done it correctly many times.

After working through this process, you greatly increase

your chances of realizing where you were ineffective. By becoming peaceful, you can focus on choosing how you want to respond. It's why the earlier work is so important. Now you may ask for help more quickly; you may review what was different all the other times you rode the movement successfully.

Begin with the end in mind. Know how you want ride, how you want to be with yourself and your horse during your ride, and how you want to feel before, during, and after your ride.

Recognize when you're not in alignment with your desired goal.

If you can, stop the emotional reaction and do a self-counsel. If not, do one after the emotional reaction. Now

choose a response that aligns with your desired goal. Here is your homework: Go ride. Pay attention to your emotional reactions. Listen to the voice inside. Do a self-counseling as often as needed to stay on course. Choose responses that align with your goals. You'll enjoy more of your ride, and you'll feel better about yourself and your horse.

*Stephen Witmer has a masters in Spiritual Psychology from the University of Santa Monica. For more information, visit his Web site at [Ntouchnow.com](http://Ntouchnow.com) or e-mail him at [stephen@Ntouchnow.com](mailto:stephen@Ntouchnow.com).*

## ***Dressage: A Popular Choice***

A new industry wide survey– the largest ever of hands-on horse people in the US– shows that dressage is second only to pleasure and trail riding as participants' equine activity of choice.

The survey, created by the industry group, American Horse Publications and sponsored by Intervet/Schering-Plough Animal Health and Pfizer Animal Health, was conducted on-line from October 2009 through January 2010. C. Jill Stowe, PhD, assistant professor of agricultural economics at the University of Kentucky in Lexington compiled the findings.

The more than 11,000 responses came from all parts of the country and represented horse owners,

lessees, barn managers, trainers, and others from all age groups, income brackets, and walks of the horse industry.

More than 26% indicated that dressage is a discipline in which they participate. Dressage was trumped only by pleasure/trail riding, an activity enjoyed by nearly 74% of respondents.

Another finding with positive implications for supporters of our sport: The higher the reported income, the greater the participation in dressage. Of those with annual incomes of less than \$50,000 only 20% reported riding dressage; but in the higher bracket, \$150,00 or greater, 35% do dressage.

*This article was reprinted from the USDF Connection*

## links

### **Horse/ Dressage Organizations....**

[www.swvada.org](http://www.swvada.org)

[www.virginiadressage.org](http://www.virginiadressage.org)

[www.usdf.org](http://www.usdf.org)

[www.usef.org](http://www.usef.org)

[www.ponyclub.org](http://www.ponyclub.org)

[www.blueridgeeventingassociation.org](http://www.blueridgeeventingassociation.org)

[www.virginiahorsecouncil.org](http://www.virginiahorsecouncil.org)

### **Sites for Fun and Learning**

[www.virginiahorse.com](http://www.virginiahorse.com)

[www.dressageunlimited.com](http://www.dressageunlimited.com)

[www.dressagedaily.com](http://www.dressagedaily.com)

[www.dressageresource.com](http://www.dressageresource.com)

[www.dressageblog.com](http://www.dressageblog.com)

[www.sustainabledressage.com](http://www.sustainabledressage.com)

[www.dressagecritique.com](http://www.dressagecritique.com)

## **Classified Ads**

**Big, (16.2) handsome**, 8 year old Hanoverian bay gelding started in dressage, but still green is looking for life partner with soft hands and patience to help me reach my potential. I am very social, have a great personality, love to learn new things, good work ethic, lots of energy, big gaits and excellent movement. I'm on You-tube. If you want to see me in action, click on this link.

<http://www.youtube.com/watch?v=J1C3V1qaOTM>

If you want to see me in person, call Chris DeVuyst at 540-586-4686 or 434-258-6100. Asking \$25k or make offer.

**Stall for Lease:** 12 x 12, turn out, hot/cold water, tack up. Long or short term. Private setting, Full dressage arena, also a large ring. Great trail riding. \$350 per month. Located in Roanoke County. Call 540-929-4024 or leave message and we will contact you ASAP.

### **Gideon Gelding**

12-year old Gideon gelding. Bayliss is a handsome Trakehner/Thoroughbred cross with a super easy going temperament. He has wonderful gaits along with a peaceful attitude. He enjoys an abundance of attention and is easy to handle for the vet & farrier, loads, clips. Loves to work and is great on trail rides too! Deserves more attention than owner can presently give. Please call 540-890-8364

### **Ariat Medalist Dressage Boots**

Size 8, Regular Calf, Medium Height. Never worn! Please call 540-890-8364

### **Wintec Isabell Dressage Saddle**

Size 17 1/2, excellent condition. Irons and leathers included. Please call 540-890-8364

### **Horses for sale; a selection of nice quality, well started young horses from Cedar Creek Stables, Staunton, VA.**

**Impulsions Pride**, 2004 15.2 TB/QH mare, does a lovely Training level test, currently schooling at 1st level. Steady and sensible, great on trail rides, bold and brave over jumps both X-country and stadium. Easy to work around, nice rhythmic steady gaits. Has done horse trials, dressage, & hunter paces. Calm and sensible at shows. A great

horse for a young rider or a smaller adult. \$7,500 ono Contact April Reedy 540-280-4783

**Payana von Rosenoff**, 2005, 15.2 pure bred Knabstrupper mare, Has shown in Training and 1st level in 2009, scores in the high 60s and some in the 70's. Now schooling 2nd/3rd level. Should be ready to go out in 2nd level in 2010. A steady sensible ride, easy to sit and easy to ride and deal with. Excellent jumper and on the trails. Has done horse trials as well as dressage. A super horse for the smaller rider who is ambitious and wants to go up the levels. Great mind, and very biddable and trainable. \$25k ono

**CCS Chatokay**, 2006 Gray gelding (Hol/QH), 15.3 hh, should finish out at around 16.0hh, super mover, built nicely uphill. Well started, trail rides quietly, 3 excellent gaits, biddable and easy to train. A really nice youngster with a lot of potential as a dressage horse or jumping. \$15k ono

**CCS Tinuvel**, dob 2007, near leopard spotted Knabstrupper mare. By Ravaldi out of Imperial Spice XX, 16.00, big moving powerful filly, with good gaits and a good mind, just starting ground work now. \$10k ono

**RiverDance**, 2007 15.3 bay filly by Romantic Star, out of Hannah. Lovely moving, a really beautiful filly with lovely conformation and a pretty head. Just starting ground work now. Has a good mind and is very biddable. \$12k ono

### **For Lease or Loan**

**CCS Afton**, bay gelding 16.1hh, 2003, a truly elegant, beautiful horse with excellent manners and 3 good gaits. Quiet and easy to ride. Good on trails and quiet at shows. Currently showing at Training/1st level, schooling 2nd.

Beautiful jumper would be competitive as an equitation horse. Not sound enough for an ambitious rider. Afton needs a home with a light work load, where his kindness and gentle nature will be appreciated. If you are interested contact Melyni.

For more info on the above horses contact Melyni on 540-294-3003 Or via the website [www.cedarcreekstables.us](http://www.cedarcreekstables.us)

(continued from page 2)

And if you do clean it, please be sure to lock it afterward so that you are not penalized for someone else's slovenly ways. And remember, no bedding please.

If you see people who you **know** are trespassing

through the park (or worse yet, riding on the soccer fields) please call the non-emergency number for the Roanoke County police which 540-562-3265. The Committee discourages any confrontation between park members and trespassers, but does encourage the wholesome hobby of photography!

**2010 SWVADA MEMBERSHIP APPLICATION**

DATE: \_\_\_\_\_ NEW \_\_\_\_\_ RENEWAL \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

HOME PHONE ( ) \_\_\_\_\_ WORK PHONE ( ) \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

**USDF NO.:** \_\_\_\_\_ (from your USDF Card) Renewing members must include this information on your application. New members will be assigned a number by USDF. USDF will mail your membership card.

IS SWVADA YOUR PRIMARY CHAPTER? YES \_\_\_\_\_ NO \_\_\_\_\_ IF NO, PLEASE NAME THE PRIMARY CHAPTER TO WHICH YOU BELONG: \_\_\_\_\_

**MEMBERSHIP TYPE:**

INDIVIDUAL (SENIOR)	\$47 _____
JR/YR (BIRTH DATE _____)	\$30 _____
FAMILY: FIRST MEMBER (Above)	\$47 _____
EA ADD'L MEMBER	\$30 _____
NAME _____	
USDF # _____	
PROFESSIONAL _____	AMATEUR _____

Members will receive the SWVADA SALUTE e-news via email bi-monthly and can also stay up to date by logging on to our website [www.swvada.org](http://www.swvada.org).

Please make checks payable to SWVADA and mail with your application form to:

SWVADA Membership Chairperson  
c/o Pat Nelson  
846 Mohawk Road  
Long Island, VA 24569

Office Use Only:  
09 List \_\_\_\_\_  
Label \_\_\_\_\_  
Omnibus \_\_\_\_\_

Membership is in the Southwest Chapter of the Virginia Dressage Association (VADA). Membership year is December 1 to November 30 and includes a Group Membership in the United States Dressage Federation (USDF).