



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

Vol. 21, Issue 1

January 2021

## ARIZONA DRESSAGE ASSOCIATION

### Regular Meeting

### October 2020 Minutes

Date: Monday, October 04, 2020

Time: 6:00 PM – at 6:06 pm the meeting was called to order.

Location: Zoom/Remote



#### Roll Call/ Introductions/Establish Quorum

1. Directors In Attendance: Tannia Radda, Jane Puckett, Maeike Zoet, Cynthia Ganem, Susan Skripac, Michell Combs, Nicole Zoet-Oostermeyer.
2. Directors Not In Attendance: Kathy Smith
3. Alternate Directors: none
4. Members of Local Chapters: none

#### Officers' Reports:

5. Secretary's Report/Approval of Minutes – Nicole Zoet-Oostermeyer:  
Tania Radda will present the Minutes in an email to be approved.
6. Treasurer's and Finance Report/Approval - Cynthia Ganem:  
Treasurer's Report – September 2020 -Asset Accounts:

Operating Account	\$ 33,554.18
Debit Account	\$ 6,317.64
Reserve Account	\$ 78,312.52 more to reach goal to cover catastrophic losses
Pantano	\$ 11,723.78
Cash	\$ 1,378.00
Total Assets	\$ 131,286.12
7. 1st VP - Recognized Shows Report– Kathy Smith: no report.
8. 2nd VP – Michell Combs: no report.

#### Standing Committee Reports:

9. Schooling Shows Committee Report- Michell Combs  
Schooling show November 7 mailer will be sent out.  
Dale Creek might become a site for ADA schooling show, conversations are ongoing.
10. Membership Committee Report – Michell Combs
11. Volunteer Committee – Kathy S.
12. Awards Committee Report – Maeike Zoet:  
Year end awards for 2020-to be considered. Ask Sue L. to run scores.
13. Futurity Committee Report –Susan Skripac;  
For 2020 1 first level and 1 second level entrée., For 2021 we have 4 Open and 3 AA entrees.
14. Education Committee Report – Jane Puckett:

*Continued on page 4*

## BOARD

President: -----	Tania Radda, 480.235.7654 -----	<a href="mailto:t.radda@azdressage.org">t.radda@azdressage.org</a>
1st VP: -----	Kathy Smith -----	<a href="mailto:ksmith@azdressage.org">ksmith@azdressage.org</a>
2nd VP: -----	Michell Combs -----	<a href="mailto:m.combs@azdressage.org">m.combs@azdressage.org</a>
Secretary: -----	Nicole Zoet-Oostermeyer -----	<a href="mailto:ozranch3@aol.com">ozranch3@aol.com</a>
Treasurer & Trustee of Records: -----	Cynthia Ganem -----	<a href="mailto:cganem@azdressage.org">cganem@azdressage.org</a>
Maeike Zoet -----	-----	<a href="mailto:m-zoet@yahoo.com">m-zoet@yahoo.com</a>
Susan Skipric -----	-----	
Jane Brown -----	-----	

## COMMITTEES

Awards: -----	Maeike Zoet-Javins -----	<a href="mailto:m-zoet@yahoo.com">m-zoet@yahoo.com</a>
Centerline Editor: -----	Beth Martinec -----	<a href="mailto:centerline@azdressage.org">centerline@azdressage.org</a>
Webmaster: -----	Sue Leutwyler -----	<a href="mailto:webmaster@azdressage.org">webmaster@azdressage.org</a>
Education: -----	Sarah Lindsten	
Finance: -----	Cynthia Ganem	
Fundraising: -----	Kay Lorenzen	
Futurity: -----	Susan Skripac	
Juniors/Young Riders: -----	Bobbie Lynn McKee -----	<a href="mailto:b.mckee@azdressage.org">b.mckee@azdressage.org</a>
Membership: -----	Michell Combs	
Scholarship: -----	Ann Damiano -----	<a href="mailto:a.damiano@azdressage.org">a.damiano@azdressage.org</a>
Recognized Shows: -----	Kathy Smith	
Scores Compilation: -----	Sue Leuwylar	

## NAC

President: -----	Kirsten Kuzmanic
Vice President: -----	Angelique Levell
Treasurer: -----	Traci Zenner
Co-Treasure: -----	Anne Callahan
Secretary: -----	Traci Zenner
Facebook, Web, Newsletter: ---	Kay Laake
Show Manager: -----	Kirsten Kuzmanic, Angelique Levell
Clinics/Education: -----	Carol Lands

### ADA BOARD ATTORNEY:

Wendy Riddell -----	<a href="mailto:w.riddell@azdressage.org">w.riddell@azdressage.org</a>
---------------------	--



## Earn Volunteer/Service Hours Contribute to The Centerline Today!

### Barn Tips:

Submit your innovative, imaginative and useful barn tips to Meredith Watters at [watters4@cox.net](mailto:watters4@cox.net)

### Letters to the Editor:

If you have comments, suggestions, or wish to express opinions relating to the sport of dressage, submit your letter for consideration to [centerline@azdressage.org](mailto:centerline@azdressage.org)

### Clinic Reviews:

Review a clinic you attended describing the training and what you learned from the clinician. Send submissions to [centerline@azdressage.org](mailto:centerline@azdressage.org)

### Barn News :

This column is for the trainer/barn to brag about the accomplishments of its clients, introduce new clients and horses, update readers about any barn improvements, or talk about any other news of interest to the membership. It's a free plug for the barn, trainer and clients. Send submissions to [centerline@azdressage.org](mailto:centerline@azdressage.org)

### Nuggets:

Do you have a training concept that you would like to share? Something your trainer has said to make your understanding more clear? Please share with other riders by sending submissions to [centerline@azdressage.org](mailto:centerline@azdressage.org)

### Member Submitted Articles:

Submit an article and photo of you and your horse on a topic of interest, a clinic or show experience. We'd love to hear from you! Send to [centerline@azdressage.org](mailto:centerline@azdressage.org). If the photo is a riding photo, a helmet for photo is required.

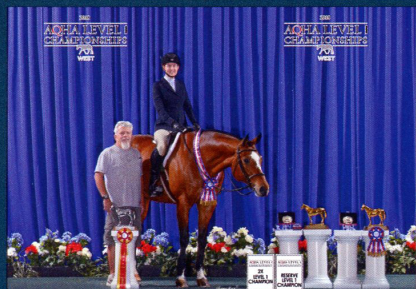
### ***\*\*Product Endorsements/Advertising\*\****

In most cases, products and services are considered paid advertising. Occasionally a specific product will be named as to how it benefits the horse or rider, but this is discouraged. Press Releases are welcome. Likewise, articles that are negative in nature concerning a particular product will not be considered for publication.



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Continued from page 1

Jane is investigating formats to conduct educational programs plus contacting George Williams.

#### **New Business:**

15. Discuss Year End Awards. Tabulating point average and volunteerism.
16. Officers who are up for renewal. I will have the list ready for the meeting.
17. ADA Fall Fiesta, State Championship and Futurity-COVID-19. Will be discussed during Show committee meeting.
18. Horse & Rider rules for State Championship. Not allowed to leave show grounds once on the grounds if planning on riding in State Championship. Move in on Friday or arrive on Saturday and leave on Sunday.
19. Call to Members – Members may be recognized by the Presiding Officer and may then address the Board regarding issues of concern to the Association. The Presiding Officer has the right to limit the amount of time that each Member has to address the Board. No ADA members were present except for the Board members mentioned above.
20. Next meeting – ADA Annual Meeting– November 9th, 2020 – Zoom/Remote we need to renew the ADA Board members positions.
21. Adjournment: Maeike Zoet motioned to adjourn the meeting and Jane Puckett 2nd the motion at 7.20 pm.

## ARIZONA DRESSAGE ASSOCIATION

### Regular Meeting

### November 2020 Minutes

Date: Monday, November 16, 2020

Time: 6:00 PM at 6.09 PM meeting was called to order by Tania Tadda.

Location: Zoom/Remote



#### **Roll Call/ Introductions/Establish Quorum**

1. Directors In Attendance: Tania Radda, Cynthia Ganem Susan Skripac, Maeike Zoet, Michell Combs, Nicole Zoet-Oostermeyer
2. Directors Not In Attendance: Kathy Smith, Jane Puckett
3. Alternate Directors: none
4. Members of Local Chapters: none

#### **Officers' Reports:**

5. Secretary's Report/Approval of Minutes – Nicole Zoet-Oostermeyer
6. Treasurer's and Finance Report/Approval - Cynthia Ganem  
Treasurer's Report October 2020 - Operating Report \$79,793.97 - Debit Account \$6,296.47  
Reserve Acct - \$11,686.33 to reach our goal to cover catastrophic losses –  
Pantano CD \$11,723.78 - Cash \$1,786.55 - Total Assets \$111,324.55
7. 1st VP - Recognized Shows Report– Kathy Smith: no report.
8. 2nd VP – Michell Combs: developing contracts with new venues for ADA schooling shows are in the making.

#### **Standing Committee Reports:**

9. Schooling Shows Committee Report- Michell Combs  
Due to COVID-19 19 regulations Bar A has closed their venue for 2020-2021 ADA Schooling Show.
10. Membership Committee Report – Michell Combs  
2020 ADA/USDF GMO Members: 299 Adults, 15 Junior/Young Riders  
2021 ADA/USDF GMO Members: 4 New Members (2 Adults, 2 Juniors), 66 Members Renewed (63 Adults, 3 Juniors), 2 Members Returned (Adults)
11. Volunteer Committee – Kathy Smith
12. Awards Committee Report – Maeike Zoet  
Maeike Zoet will provide the ADA Treasurer with an allocated ribbon count per 2020 ADA shows. Maeike will prepare a report on ribbons already available for 2021 ADA shows. Maeike requested an ADA Recognized show committee meeting; Tania Radda will follow up with a date. Maeike will sent a proposal to

the ADA Board members for reconsideration of the awards for the different levels for Freestyle Championships as well as YEA qualifying and State Championship qualifying.

13. Futurity Committee Report –Susan Skripac  
6 futurity participants are signed up for 2021 Spring.
14. Education Committee Report – Jane Puckett  
No new info while programs are being developed.

#### **New Business:**

15. Discuss Year End Awards. Cancellation due to COVID-19, Maeike Zoet suggested to continue with the Year End Awards.
16. Possible Dates for our Summer Show at Westworld are August 14th and 15th -> with use of the North Hall for stalls. Or September 11th and 12th – NO USE of Indoor stalls. Michell Combs suggested to use these dates for ADA members only Show, agreed by Tania Radda. Discuss Champagne Show and Roadrunner Shows and their effect on ADA's shows.  
Show committee will approach the Board with suggestions, Maeike Zoet will start off with a proposal how to calculate the Year End Awards and State Championship Awards.  
Nomination Chair: Tannia Radda suggested to invite Jane Puckett to fulfill the Nomination chair position.
17. Officers who are up for renewal.  
Possible people up for re-election: Maeike, Nicole and Susan.  
Maeike Zoet, Susan Scripak and Nicole Zoet-Oostermeyer are up for re-election, they need to send in their Bio before January 2021
18. Call to Members – Members may be recognized by the Presiding Officer and may then address the Board regarding issues of concern to the Association. The Presiding Officer has the right to limit the amount of time that each Member has to address the Board.  
No ADA members participated.
19. Next meeting – ADA Annual Meeting– December 14th, 2020 – Zoom/Remote
20. Adjournment at 7.28 PM by Tannia Radda, second by Nicole Zoet-Oostermeyer.

## ADA Schooling Show

March 20th, 2021

*Dale Creek Equestrian Village*

Judge: Sarah Lindsten



# ADA Schooling Show Entry Form 2021

Arizona Dressage Association is a 501(c)(3) not-for-profit organization

**March 20th (Saturday)** - Dale Creek Equestrian (closing date - March 10th)  
Judge: Sarah Lindsten 'L with Distinction'



*If a show is over subscribed, all riders will be included based on entry postmark date, up to the closing date.  
If there are more entries (all with a closing date postmark) than can be scheduled, priority will be given to ADA members.*

**NO REFUNDS AFTER CLOSING DATE**  
**NO CHANGES TO RIDE TIMES AFTER SHOW BEGINS EXCEPT TO FILL SCRATCHES OR "NO SHOWS"**

**Cost:** \$25 per class **Schooling Only:** \$20 per day (not riding in front of the judge) **Day Stall:** Check with the stable owner for availability  
**Non Member Fee:** \$20.00 one day fee for non-members for classes or schooling.  
**Year End Schooling Show Awards:** A one-time nomination form for EACH horse and rider combination.  
**Riding Attire:** Boots or half chaps with a heeled shoe, a shirt with sleeves and an ASTM-SEI certified helmet.  
**Rules:** All USEF/USDF rules apply, except for the riding attire. **The certified helmet must be worn at all times while mounted.**

## Show

### CLASSES OFFERED - PLEASE CHECK THE CLASSES YOU WISH TO ENTER

USDF Intro Test ☐ A ☐ B ☐ C Training Level Test ☐ 1 ☐ 2 ☐ 3 First Level Test ☐ 1 ☐ 2 ☐ 3 Second Level Test ☐ 1 ☐ 2 ☐ 3

### TOC - Test of Choice (Includes All Classes)

Third Level Test ☐ 1 ☐ 2 ☐ 3 Fourth Level Test ☐ 1 ☐ 2 ☐ 3

**FEI TOC** - Test of Choice

ETOC - Eventer Test of Choice or ATOC - Alternative Dressage (Gaited NWH / Western Dressage) Test Level

## Horse:

Rider

Street

City

State

Zip

Owner

Ride times will be sent to: *Please write clearly*

Email:

**Face coverings to be worn except when on horseback**

**Waiver of Liability:** By signing this entry form, I acknowledge that I fully understand that there are risk of serious bodily injury, including death, and risk of damage to or loss of personal property. In consideration for me or my child being allowed to enter, participate in and observe, and/or my horse being permitted to be ridden in, the above listed equine activity, I hereby for myself, my child, my heirs, agents and assigns, agree to waive, release and forever discharge any and all claims, rights and causes of action against the facility, its owners, employees, volunteers, the Arizona Dressage Association, its officers, directors, members, agents and volunteers (ADA) for injury or damage caused or alleged to be caused in whole or in part by negligence of ADA or the facility, and I agree to hold ADA or the facility harmless against all claims and causes of action for any alleged or actual injury or damage which I, my child, my agents, or my horse, may cause to any person or property. I voluntarily assume all risks associated with my or my child's or my horse's participation in this activity and with being present on the grounds where this activity is held. I further agree to be bound by the rules under which this activity is conducted.

Note: **ENTRY FORM WILL NOT BE ACCEPTED UNLESS SIGNED AND DATED.**  
**NO REFUNDS AFTER CLOSING DATE**

### PLEASE CHECK DIVISION

☐ JR ☐ AA ☐ OPEN

Entry Fees

\$20 non-member

**Total**

**MAKE CHECKS TO:**

**ADA**

**MAIL ENTRIES TO:**

Cynthia Ganem  
1213 E Villa Maria Drive  
Phoenix, AZ 85022-1222

**FOR INFORMATION CONTACT:**

Cynthia Ganem  
c.ganem@azdressage.org

Rider Signature	Date
Owner/Agent Signature	Date
Parent/Guardian Signature (For Riders under the age of 18)	Date

# 2020 Year End Standings

## Freestyle Rider / Horse Combination

Criteria: 3 Scores | 3 Different Shows | 3 Different Judges | Volunteerism

Adult Amateur

FS (TL- 4th)

Volunteeris	Yes	66.778	Rebecca Lindy / Quintana Roo CR
Volunteeris	Yes	65.822	Michele Mooney / Don Viamo
Volunteeris	No	65.045	Pamela Farthing / Sir Esplendido

## Cameo

Criteria: 3 Scores | 3 Different Judges | Volunteerism

Volunteerism?	Avg	Horse	OwnerRider
Yes	61.743	Wendo Lorenzen, Kay	Lorenzen, Kay

## Horses - Training through 4th Levels

Criteria: 3 Scores (1 Highest Test) | 3 Different Shows | 3 Different Judges |

Volunteerism

Volunteerism?	Avg	Horse	OwnerRider(s)	Owner/Rider
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### *Training Level*

No	No	69.597	Bailo	Brusnighan, Christopher	Brusnighan, Christopher
No	No	68.391	Bedanken	Taylor, Karrin	Taylor, Karrin
Yes	Yes	68.333	Sir Harvard	Apicella, Kimberly	Apicella, Kimberly
No	No	57.184	MacKenzie	Schillings, Marianne	Schillings, Marianne
No	Yes	57.184	MacKenzie	Schillings, Marianne	Kolstad, Kimberley

### *First Level*

No	No	69.444	Everoy	Kassum, Jamil	Kassum, Jamil
No	No	65.417	Bedanken	Taylor, Karrin	Taylor, Karrin
Yes	Yes	64.729	Quill GHA	Lindley, Deborah	Lindley, Deborah
Yes	Yes	64.729	Quill GHA	Lindley, Deborah	Kolstad, Kimberley
Yes	Yes	56.600	Psytation	Zovod, Sharon	Zovod, Sharon

### *Second Level*

Yes	Yes	64.787	#Hashtag	Riddell, Wendy	Riddell, Wendy
Yes	No	64.787	#Hashtag	Riddell, Wendy	Riddell, Kali
Yes	Yes	60.956	Sir Renity GHA	Lindley, Deborah	Lindley, Deborah

### *Third Level*

No	Yes	71.408	Ehrenfurst	Bruening, Rebecca	Jackson, Cyndi
Yes	Yes	64.708	Quintana Roo CR	Lindy, Rebecca	Lindy, Rebecca
Yes	Yes	64.293	Lanzelot	McGee, Karen	McGee, Karen
No	No	63.986	Gaspacho	Farthing, Pamela	Nayak, Katherine
No	No	63.667	Oficial De Susaeta	Ziurys, Lucy	Ziurys, Lucy
Yes	Yes	62.899	Casterly Rock	LaCroix, Ray	LaCroix, Ray
Yes	Yes	62.208	Don Viamo	Mooney, Michele	Mooney, Michele

## **FEI Horses**

Criteria: 3 Scores | 3 Different Shows | 3 Different Judges |

Volunteerism	Avg	Horse	Owner	Rider(s)	Owner/Rider
FEI					
Yes Yes	62.304	Marbella	LaCroix, Cindi		LaCroix, Cindi
Yes Yes	61.588	Wendo	Lorenzen, Kay		Lorenzen, Kay
Yes Yes	56.833	Mondavi F	George, Tamara		George, Tamara

## **Riders of the Year -Training through 4th Levels**

Criteria: 4 Scores (1 Highest Test) | 3 Different Shows | 3 Different Judges | Volunteerism

### *Adult Amateur -Training Level*

Volunteerism Yes	69.569	Apicella, Kimberly
Volunteerism No	68.879	Brunnighan, Christopher

### *First Level*

Volunteerism No	69.583	Kassum, Jamil
Volunteerism Yes	63.511	Kolstad, Kimberley

### *Second Level*

Volunteerism Yes	60.210	Lindley, Deborah
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### *Third Level*

Volunteerism Yes	64.500	Lindy, Rebecca
Volunteerism Yes	63.220	McGee, Karen
Volunteerism No	63.112	Ziurys, Lucy
Volunteerism Yes	62.563	Mooney, Michele

### *JR/YR -Training Level*

Volunteerism No	66.207	Macdonald, Samantha
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### *Open - Training Level*

Volunteerism No	67.931	Taylor, Karrin
-----------------	--------	----------------

### *Third Level*

Volunteerism Yes	71.306	Jackson, Cyndi
Volunteerism Yes	68.906	Tobie, Jennifer

## **FEI Riders of the Year**

Criteria: 4 Scores | 3 Different Shows | 3 Different Judges | Volunteerism

### *Adult Amateur - FEI - A*

Volunteerism	Yes	61.838	LaCroix, Cindi
Volunteerism	Yes	61.743	Lorenzen, Kay

### *FEI - GP*

Volunteerism	Yes	57.245	George, Tamara
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## **Sandra Kale**

Criteria: 4 Scores | 3 Different Shows | 3 Different Judges | Volunteerism

Avg	Horse	Breed	Owner	Rider	Volunteerism	Volunteerism
62.275	Casterly Rock	Half Arabian	LaCroix, Ray	LaCroix, Ray	Yes	Yes
60.543	Sir Renity GHA	Anglo Arabian	Lindley, Deborah	Lindley, Deborah	Yes	Yes



# ADA Silly Humans: Horse Nutrition IS Important

by Dr. Michael Riegger

Humans, themselves, tend to get drawn into FAD diets. Animals and humans have basic evolutionary diet needs that must be respected. The foundation of animal husbandry is excellent nutrition. The foundation of veterinary medicine is farm animals. If you want healthy farm animals the veterinarian begins the educational processes with nutrition education. The astute veterinarian takes a serious interest in nutrition and is not swayed by fads.

Dr Lon Lewis, the iconic nutritionist from Colorado State, being the genius he is, at a seminar gave a simple set up for his discussion for horse Nutrition: Balance the Water, Energy, Protein, Calcium and Phosphorus in the daily diet and the other nutritional items will naturally fall into place. His classic book is "Feeding and Care of the Horse" and is available on Amazon.

The challenge with nutrition is that we do not know what we do not know, and Myth-Information has taken over. So let us start there.

## First LET US DIGRESS

Darwin's principles of survival are how the horse came along in evolution. Darwin's basic guideline is that a species main genetic path is for the "Survival of the Species." Humans have intercepted many of the horses' key factors for the survival and perpetuation of the species.

The social side of eating is important. The social order of the herd is one of essential elements for species perpetuation. The horse is a foraging animal and spends a huge chunk of time eating and acquiring food. During times of acquiring food the social interactions of horses becomes an integral part of herd security, leadership, reproduction and survival. A horse's social life is one of the keys for the humane care of the horse.

Mini-herd Feeding. Personally I like to see groups of 4 horses feeding together a least a couple hours per day. Specifically in an area of 100 x 100 place 5 to 6 piles of hay for the four horses. This becomes a musical chair game where exercise and social order are the theme.

Mini-herd Controversy. Happy are stallions with a "life", a social life mixed with the essential eating. Thus for decades I would turn a stallion out for food and social life with 3 geldings. This may sound weird but the geldings most frequently ruled, and never did a stallion get injured. It was fun watching the geldings "educate" the stallion with the musical piles of hay.

Dental issue. The foraging and eating of the roughages helps to keep the feral horses' teeth balanced and happy. We humans need to remember and encourage this trait. The further we drift with evolutionary eating habits the more dental problem appear.

Horse Stall Life seems to appeal to humans with their anthropomorphism concept that a horse likes a fancy solitary confinement stall. Social life mixed with eating is a most basic need of the horse, not the fancy stall.

## FOOD STUFFS

All food fed to livestock needs to be visually wonderful with and with a wonderful aroma. A not so easy task in various locales. Put you nose to work assessing the foodstuffs.

Roughages are a basic foundation for livestock nutrition. Natural grass pastures are the clear best choice for a basic nutrition foundation. Horses on pasture always seem to have a serene bloom about them. They may only need a couple hours per day. Pastures in some locals are rare.

Other roughages include hay variations. Dr Lon Lewis' statement, "...alfalfa is the best value in the hay industry" draws some skeptical looks. But I share — Start your horse feeding programs with alfalfa then move on to add other items. Other desirable grasses are timothy, brome, orchard

grasses, and blue grasses.

Protein is a most basic nutritional building block. The need varies between ages, individuals, disciplines, and energy needs. Proteins are needed for muscle development. Alfalfa is higher in protein and also provides the needed nutritional value of vitamins and minerals. Some are concerned with the high levels of protein in alfalfa yet with free choice water the extra protein is deaminated, the nitrogen is removed from the carbohydrate carbon chain, and the carbohydrate carbon spine is left which is used for energy.

Concentrates tend to be high in energy and a wide variety of these products are used to augment the roughages. Truth be known, excellent roughages are the best foodstuff foundation and concentrates are used to supplement the roughages. Lousy roughages cannot be made "whole" with concentrate supplements.

Energy density. With a diet based upon excellent roughages concentrates can be used to add energy and micronutrients. The most useful for most of us are crimped (rolled) oats and cracked corn. The ole' classic is Purina's "sweet feed" Omolene, and historically hard working horses would get their Omolene in 2 pound coffee can "units".

Fats are very useful to the horse. Endurance horses can make efficient use of very high levels of fat which provides the needed energy for this discipline.

Pelleted foods tend to be concentrates and some folks seek pelleted hay cubes and pellets. The challenge is for the horse owner is to determine what is IN the pellet. So I offer this true story. A friend raises hay. The good hay is sold in the bale, the not so good hay is put into cubes and pellets. Message, be somewhat skeptical of pelleted foodstuffs

Say YES to some separation. Given 10 horses each will have different ideal weights, many will have different nutritional needs and some will be gobblers of food others more casual. Thus separation feeding for a couple of hours per day is needed to ensure that the individual needs are met. The senior horse may need 6 pounds of Purina Senior per day, others tiny amounts of roughage while endurance and other high metabolism horses benefit from fat supplements.

Trace minerals are always a challenge. Some regions have soil and locale problems to be addressed. But the bottom line on this topic is feed high quality roughages, adjust to location issues, and all will work out nicely. For decades I have preferred the supplement product Clovite. Salt is a most basic need. The white blocks are a standard and yet my personal preference is the "trace mineral" brown block.

The bloom that is desirable in show horse is naturally present in pastured horses and there are other sources. Vitamins A, D & E plus Essential Fatty Acids are basic needs for the bloom hair coat and good feet. For decades I have preferred the product Mirraccoat. Available on Amazon.

Feed by Weight. Excellent food management systems have food weighed. Roughages can be weighted. Grass hays tend to weigh less by volume than alfalfa. The same volume of alfalfa tends to have more weight and thus more calories, proteins, calcium and other nutrients than other roughages. Concentrates, like oats, corn, and the grains have the same caloric weight density so they must be fed by weight. The ole volume system of a 2 pound coffee can has a lot more corn by weight than whole oats...so these must be fed by weight to avoid over-nutrition of carbohydrates. Many a horse has foundered on the dense volume of corn that leads to over-nutrition

## DANGER LURKING

The feet are a wonderful indication of the horse's health and well being and balanced basic nutrition. Healthy feet can suggest a healthy horse and vice-versa.

Body Weight is a key issue for the horse. Each individual's horse's skeleton is programmed to carry an optimal weight. Too little weight suggests disease or malnutrition. Too much weight is the enemy of the athletic horse. As the Skeleton's optimal weight is exceeded each additional pound has 4 times the stress on the musculoskeletal body, thus leading to injuries. Purine' Body Condition

Score chart can be found on Google.

Abuse in nutrition is a tragedy. Under-feeding is sad and in-humane. Deliberate hypo-nutrition is the premeditated under-feeding of a horse. Hypo-nutrition finds some folks feeding horses to modify behavior. The "hypo-nutrition" trend that we see applied to a "show horse," to slow them down is just awful. A diet devoid of adequate protein, vitamins and minerals that is not provided by the eliminated foodstuff is harmful. Example, no alfalfa and only cheap grass has the myth-mongers touting the benefits of "no alfalfa". Hypo-protein diets are detrimental to a horse's happiness and wellbeing.

Supplement Honesty. The FDA and the USDA are mostly responsible for product integrity. Consider that most human generic prescription products come from over seas and only 1% are evaluated for integrity. Over-the-counter human medications are not inspected at all. These products can be dangerous. So it is with animal food, medications and supplements — little if any independent verification of content for digestability and bioavailability of these is available. In short the guaranteed analysis labels are not guaranteed.

The enemy of sound nutrition is myths and "myth-information". Some call this issue Mis-information. I tend to like MYTH-information as myths seem to permeate the horse industry. Just wander around feedstores and read the various claims that cannot be verified. I have seen huge tragedies as the result of myths....Sadly the horse silently suffers.

The friend of nutrition is a healthy intestinal microbiota and subsequent microbiome. Microbiota is the bacterial collection in the bowel and the microbiome is the genetic make up of the bacterial collection in the bowel. The nutritional goal is to make the bacterial content steady, happy, and consistent. Excellent roughages are the basis for excellent microbiota and microbiome.

Changing foods quickly tends to unsettle the current bacterial content which can cause diarrhea, colic, inadequate nutrition. It seems that probiotics can upset the microbiota and thus may be, and probably are, contraindicated.

Back to the top. Remember Dr Lon Lewis' guide: Balance the Water, Energy, Protein, Calcium and Phosphorus in the daily diet and the other nutritional items will naturally fall into place. This discussion is heavily influenced by my decades in all branches of the horse industry. We silly humans need not be pulled into the myth-information vortex.

*Dr Michael H Riegger is an educator, behaviorist, trainer and veterinarian. For 6 decades he has been a multi-disciplined competitor, horseman, judge, farrier and rehabilitator. He has also worked undercover to identify psychological and physical abuse of these aforementioned issues.*




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## Arizona Dressage Association

### Upcoming Shows — Mark Your Calendars

#### Schooling Shows

**Saturday, March 20, 2021**

Dale Creek Equestrian Village  
Judge - Sarah Lindsten L\*  
Closing date March 10th

#### Upcoming Recognized Shows

**ADA Fun in February**

**February 7th, 2021**

Dale Creek Equestrian Village  
Closing Date January 17th

**Western Dressage in the Desert**

**April 2nd, 2021**

WestWorld Equestrian Center  
Closing Date March 28th

**ADA Spring Celebration**

**April 3-4th, 2021**

West World Equestrian Center  
Closing Date March 13th

#### For:

**All Schooling Shows**

**Fun in February**

**Western Dressage in the Desert**

**Summer Heat/Some More Heat**

**Mail Entries to:**

Cynthia Ganem  
1213 E Villa Maria Drive  
Phoenix, AZ 85022  
c.ganem@azdressage.org

#### For:

**Fall Fiesta**

**Spring Celebration**

**Mail Entries to:**

Sue Plasman  
2582 Jennifer Drive  
Live Oak, CA 95953  
splasman@comcast.net



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*The Arizona Dressage Association is a not-for-profit organization whose goal is to promote the advancement of classical dressage through educational opportunities and programs, and the rigorous evaluations received at recognized and schooling dressage shows.*

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## USDF Recommended Reading List

USDF Training Manual (Classical Training of the Horse) – USDF

The Principles of Riding – German National Equestrian Federation

Advanced Techniques of Dressage – German National Equestrian Federation

USDF Pyramid of Training – USDF

The Gymnasium of the Horse – Gustav Steinbrecht

The New Basic Training of the Young Horse – Ingrid & Reiner Klimke

Cavalletti for Dressage and Jumping – Ingrid & Reiner Klimke

When Two Spines Align – Beth Baumert

Balance in Movement: The Seat of the Rider – Suzanne von Dietz

Thinking Riding – Books 1 & 2 – Molly Sivewright

The Complete Training of Horse and Rider – Alois Podhajsky

The Riding Teacher – Alois Podhajsky

An Anatomy of Riding – Drs. H. & V. Schusdziarra (Reprinted as Anatomy of Dressage with USDF as the co-publisher)

Rider & Horse Back to Back – Susanne von Dietze

Practical Dressage Manual – Bengt Ljungquist

Dressage with Kyra – Kyra Kyrklund

Dressage: A Guidebook for the Road to Success – Alfred Knopfhart

The Competitive Edge II – Dr. Max Gahwyler

Riding Logic – Wilhelm Müsseler

101 Dressage Exercises for Horse & Rider – Jec Aristotle Ballou

Equine Locomotion – Dr. Willem Back and Dr. Hilary Clayton



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The Centerline is always in need of great photos to go along with our articles or just to fill the world with more cute pony pics. So if you have some you'd like to share, please send them to us at:

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## 2021 CALENDAR OF EVENTS

### JANUARY

22-24: Champagne Dressage Show. Contact Central Arizona Riding Academy for more information.

### FEBRUARY

7: ADA Fun in February, Dale Creek Equestrian Village

### MARCH

13-14: Tuscon March Madness I/II, Location: Pima County Fairgrounds, Tuscon, AZ.

20: ADA Schooling Show, Dale Creek Equestrian Village, Judge: Sarah Lindsten

### APRIL

2: Western Dressage in The Desert, WestWorld Scottsdale

3-4: ADA Spring Celebration, WestWorld Scottsdale, Judges: Sandy Hotz & Paula Lacy

### MAY

### JUNE

4-6: TDC Road Runner Dressage Show I, Pima County Fairgrounds, Tuscon AZ

### JULY

9-11: TDC Road Runner Dressage Show II, Pima County Fairgrounds, Tuscon AZ

### AUGUST

### SEPTEMBER

### OCTOBER

### NOVEMBER

### DECEMBER



## ARIZONA DRESSAGE ASSOCIATION

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