



# The Centerline

Vol. 16, Issue 10

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

OCTOBER 2016



## Scholarship Basics

*By Pam Polydoros*

After much thought about how best to use my ADA Scholarship to improve myself as a dressage rider, I decided upon taking a series of lunge line lessons. I have read that lessons on the lunge are a superb way to concentrate on oneself as a rider, as the horse is controlled by the trainer who stands in the center of the circle, and thus allowing the rider the luxury of working on her position and balance.

Fortunately, my 16 year old, First Level, Saddlebred mare, Ava, was a good candidate as my lunge line horse, being safe and accustomed to being lunged. I selected Kim Yacobucci as my lunge line instructor. Kim trains with Guenter Seidel, has USDF Bronze, Silver and Gold Medals, and trains through Grand Prix.

Proper position is a strong theme in Kim's training program, and that is precisely where we began. Standing beside Ava and I, she explained the importance of maintaining a straight line from the shoulder, hip and heel. This, of course, creates balance for the rider (and hence the horse), and if the horse would suddenly disappear out from under her, the rider should be in the position to land directly on her feet. My legs, she explained upon this initial mounted evaluation, were in a "chair" position whereby my feet were pushed too far forward. She described the muscle at the inside and the back area of the thigh which should be up against the saddle (the "flat of the thigh"). The calf, she explained, drapes along the horse's side, with the toe up and facing forward along with the knee. Keeping my toes from pointing out to the side has been a struggle for me for years, and I looked forward to working on that issue. Kim indicated that the proper position for the foot



*Kim Yacobucci, Pam Polydoros and Ava*

## BOARD

<b>President:</b> -----	Sue Leutwyler ----- s.leutwyler@azdressage.org
<b>1st VP:</b> -----	Kathy Smith ----- ksmith@azdressage.org
<b>2nd VP:</b> -----	Lara Bowles ----- l.bowles@azdressage.org
<b>Secretary:</b> -----	Cindy Hitchcock ----- c.hitchcock@azdressage.org
<b>Treasurer:</b> -----	Cynthia Ganem ----- cganem@azdressage.org
<b>Trustee of Records:</b> -----	Cynthia Ganem ----- cganem@azdressage.org
Heather Bilodeau -----	h.bilodeau@azdressage.org
Michell Combs -----	m.combs@azdressage.org
Betty Drake -----	b.drake@azdressage.org
Sarah Lindsten -----	s.lindsten@azdressage.org
Kim Pribble -----	k.pribble@azdressage.org
Pam Polydoros -----	p.polydoros@azdressage.org
Alternate Directors: -----	Tania Radda, Toni Crowther

## COMMITTEES

<b>Awards:</b> -----	Kim Pribble
<b>Centerline Editor:</b> -----	Sue Leutwyler
<b>Communications:</b> -----	Sue Leutwyler
<b>Education:</b> -----	Sarah Lindsten
<b>Finance:</b> -----	Cynthia Ganem
<b>Fundraising:</b> -----	Pam Polydoros
<b>Futurity:</b> -----	TBD
<b>Juniors/Young Riders:</b> -----	Bobbie Lynn McKee ----- b.mckee@azdressage.org
<b>Membership:</b> -----	Michell Combs
<b>Nominating:</b> -----	TBA
<b>Scholarship:</b> Ann Damiano ----	a.damiano@azdressage.org
<b>Recognized Shows:</b> -----	Kathy Smith
<b>Rules</b> -----	Betty Drake
<b>Scores Compilation:</b> -----	Sue Leutwyler

## NAC

<b>President:</b> -----	Jerri Wilhite-Harms
<b>Vice President:</b> -----	Kirsten Kuzmanic
<b>Treasurer:</b> -----	Susan Crampton
<b>Secretary:</b> -----	Jacki McKinney-Rodriguez
<b>Directors:</b>	Sondra Wilkening, Debbie Lindley, Syndy Cunningham, Maren Cochran, Debbie Carson, Carol Lands, Ann Callahan & Kati Anderson
<b>ADA BOARD ATTORNEY:</b>	
Wendy Riddell -----	w.riddell@azdressage.org

## 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.

## ~ ADVERTISING ~

The Centerline is not responsible for, nor does it endorse any claims made by advertisers. ALL ADVERTISEMENTS MUST BE PAID AT THE TIME YOU SUBMIT YOUR AD

### Display Ads – JPG, TIFF, PDF - 300 dpi

Full Page (7.5"x10") .....	\$90
1/2 Page .....	\$50
1/3 Page .....	\$35
1/4 Page .....	\$20
Business Card .....	\$15

**Classifieds** Have something for sale? For rent? Want something? Put your ad in the classifieds to see if someone has what you want, or wants what you have. Send to [centerline@azdressage.org](mailto:centerline@azdressage.org).

\$5 for up to 50 words; \$5 per photo; \$5 non-member fee

### Web Site

The ADA Website is [www.azdressage.org](http://www.azdressage.org). You may advertise on the site for \$50 per year or \$30 for six months. Non-members please add \$5.

Newsletter Deadline: 20th of the previous month

**Mail to:** ADA Editor, 6160 E Cielo Run N, Cave Creek, AZ 85331

**Email to:** [centerline@azdressage.org](mailto:centerline@azdressage.org)

Please be sure that your check accompanies your ad.

The Centerline is the official monthly newsletter of the Arizona Dressage Association (ADA), a 501(c)(3) not-for-profit organization. Material in the newsletter may not be reproduced, with the exception of forms, without the written consent and credit of the editor and/or author. The Centerline assumes no responsibility for the return of unsolicited material unless accompanied by a stamped, self-addressed envelope. The Centerline welcomes your articles, letters, barn news, cartoons, artwork, poetry and especially, your photographs. Submissions, news, views and opinions expressed herein do not necessarily reflect the position or views of the ADA. Acceptance does not constitute an endorsement. Accuracy of materials submitted is the sole responsibility of the author. **The Editor reserves the right to accept, reject and edit submitted material.** The deadline for articles and advertising is the 20th of the month. Email to: [centerline@azdressage.org](mailto:centerline@azdressage.org)

## Only the best will do for your horse & farm

Whether you ride for pleasure or competitively,

owning a horse is a substantial commitment. Markel's horse insurance specialists can help you protect the emotional and financial investment you've made.

**Tami George**  
(800) 231-0670  
[jeta@northlink.com](mailto:jeta@northlink.com)  
[sporthorseinsurance.com](http://sporthorseinsurance.com)



Tami George & Simon  
(MA Sign of the Times)



Horse Mortality • Farm & Ranches • Equine Liability

**Beth Enos**  
Arizona State Representative  
920.857.8176  
[Beth.Enos@countysaddlery.com](mailto:Beth.Enos@countysaddlery.com)  
[www.saddles.com](http://www.saddles.com)

C O U N T Y

### Relieve pain and heal *naturally, fast...*



[www.EssentialArnica.com](http://www.EssentialArnica.com)  
[www.EquineArnica.com](http://www.EquineArnica.com)  
[www.TristanJade.com](http://www.TristanJade.com)

Tristan Jade Lloyd  
[Tristan@TristanJade.com](mailto:Tristan@TristanJade.com)

**Apothecary** 480-258-1026

## 2016 ARIZONA DRESSAGE SHOW CALENDAR

SHOW	LEVEL	SHOW DATE	CLOSING DATE	JUDGES
TDC Winter Heat I & II Tucson – Pima County Fairgrounds	3	January 23-24, 2016	January 4, 2016	Debbie Riehl-Rodriguez, 'S', Arvada, CO; Dolly Hannon, 'S, Arvada, CO
ADA Fun in February Litchfield Park – Dale Creek Equestrian Village	1	February 14, 2016	January 13, 2016	Dorie Vlatten-Schmitz 'S', San Tan Valley, AZ; Shirley Rector 'S', AZ
TDC March Madness I & II Tucson – Pima County Fairgrounds	3	March 19-20, 2016	February 29, 2016	Sue Mandas, 'S', Dayton, OH; Jennifer Roth 'S', Rutherfordton, NC
ADA Spring Celebration Scottsdale -- WestWorld	3	April 2-3, 2016	March 3, 2016	Sandy Hotz 'S', Lois Yukins 'S', David Schmutz 'S'
Coconino Dressage Show Flagstaff – Fort Tuthill County Park	2	May 28-29, 2016	April 27, 2016	Dorie Vlatten-Schmitz 'S', San Tan Valley, AZ, TBA
Roadrunner I & II, Tucson, AZ	2	June 4-5 & July 9-10	TBD	I - Cheryl Connell-Marsh 'R' II - Maryall Barnett 'S'
ADA Mountain Air & Dressage in the Pines Flagstaff – Fort Tuthill County Park	2	August 13-14, 2016	July 21, 2016	Heidi Gaian 'S' Hollister, CA;; Kristi Wysocki 'S' Elbert, CO
ADA Fall Fiesta & AZ State Championships Scottsdale -- WestWorld	3	November 5-6, 2016	October 6, 2016	Cindy Canace 'S', Fran Dearing 'S'. Dinah Babcock 'S', Marilyn Payne 'S'
TDC Fall Festival I & II Tucson – Pima County Fairgrounds	3	November 19-20, 2016	November 1, 2016	Sue Malone-Casey, 'S', Highland Village, TX; Sarah Geikie, 'S', Lebanon, CT



### UNITED STATES *Dressage* FEDERATION Award and Championship Program Requirements

- At least one of the horse registration requirements listed below must be met.
- At least one membership listed below is required for both the owner and/or rider.
- USDF Business Membership (BM) applies to ownership requirements only. Business members can own horses but cannot compete as riders with a BM.

	HORSE REGISTRATION		MEMBERSHIP			
	<u>USDF Horse Identification Number</u>	<u>USDF Lifetime Horse Registration</u>	<u>Education Membership</u>	<u>Group Membership</u>	<u>Participating Membership</u>	<u>Business Membership</u>
Compete at a USEF-licensed/USDF-recognized competition	•	•		ADA, TDC or Cochise •	•	•
Eligible to qualify for GAIG/USDF Regional Dressage Championships		•			•	•
Eligible to compete at GAIG/USDF Regional Dressage Championships		•			•	•
GAIG/USDF Breeders' Championship Series Qualifier	•	•		ADA, TDC or Cochise •	•	•
GAIG/USDF Breeders' Championship Series Finals		•			•	•
Adequan/USDF Year-End Awards		•			•	•
USDF Horse Performance Certificates		•			•	•
USDF Rider Awards	•	•		ADA, TDC or Cochise •	•	•
AZ State Championships (Rider) (Also requires an AZ Horse Nomination form)	•	•		ADA, TDC or Cochise		
ADA Year End Awards (Owner & Rider)	•	•		ADA •		

PLEASE CONTACT THE UNITED STATES EQUESTRIAN FEDERATION (USEF) DIRECTLY FOR THEIR MEMBERSHIP/RECORDING REQUIREMENTS



*Julie Sodowsky  
Dressage*

Training Instruction Judging

jsodowsky@cox.net  
602-363-0664

BAR A RANCH  
28475 N. 84th St., Scottsdale AZ85266

Training & Instruction

Clinics • Sales



*Cyndi Jackson*  
Cell 602.689.0952

USDF Bronze/Silver/Gold  
cynditothemax@gmail.com

L Graduate  
www.tothemaxdressage.com

PATTERSON TRAINING, LLC

Shari Patterson-Blaylock

272 S. Sprague Dr  
Star Valley, AZ 85541

(928)978-4478  
(928)474-1732  
fireponies@gmail.com



**Beverly Rogers**  
**DRESSAGE**



Instruction  
Training  
Clinics  
Judging

Res. (480) 585-4595  
Barn (480) 585-9224  
6547 E. Peak View Rd.  
Cave Creek, AZ 85331

*Our Mission:*

*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.*

## Scholarship Basics (cont)

comes from out of the hip, and that I needed to work on stretching my hip flexors and suppling my ankle joints, as both areas were tight and stiff. I took that suggestion seriously, and began working with a personal trainer to help loosen up those joints.

After practicing at a walk in a circle, ever mindful of my shoulders (Kim told me to feel as if the shoulder blades were touching), hip and heel line, flat of the thigh against the saddle, toes up and straight ahead, we moved



Kim Yacobucci, Pam Polydoros and Ava on lunge

up to the sitting trot. After a few rounds, Kim had me drape the stirrup leathers over the pommel of the saddle and release the reins, keeping a hand at the bucking strap in case I needed to grab on for support. Suddenly, it became much more challenging to maintain proper position, as well as allowing myself to relax enough to move with the horse and not be stiff! And then, it became even more challenging when we began to work on transitioning from sitting trot, down to a walk by using my seat, squeezing my thighs together and ceasing the forward motion, followed by transitioning back up to trot, all the time being mindful of keeping the proper alignment from shoulder, hip and heel, and my toes up and forward facing! As we continued, however, and repeated these exercises over the weeks to come on the lunge line, it began to feel more natural and, therefore, easier.

One of the things that Kim explained during my lessons was the importance of sitting on the "triangle" formed by the two

seat bones and the pubic bone. To enable me to get a good feel for my seat bones, she had me pedal each leg up higher than the withers as if I was riding a bicycle, while at the walk. I was amazed how I truly felt each seat bone as the coordinating leg pedaled high!

I eagerly looked forward to cantering on the lunge line because the canter has long been a challenge for me. I tend to lean forward and "pump" Ava along, all the while unknowingly pulling the reins back with each stride with my pumping and, thus, discouraging her from going forward. Kim, having witnessed my canter form at our first lesson, demonstrated



proper cantering on one of her horses. She showed me how her elbow joints opened and closed with the strides, yet her hands remained quiet, and there was just minor movement in her hips. She then demonstrated how I canter with an over exaggeration of the body, not only the hips, but the upper body as well. It was suggested that I use a little inner thigh pressure to help stabilize my seat in the saddle which would help “quiet” my seat and not be so disruptive to Ava. This demonstration was an “eye opener” and later in that lesson, when on the lunge line with no stirrups or reins, and with a clear image of her proper canter fresh in my mind, I was able to emulate it. Again, being on the lunge line to practice this was invaluable whereby I could concentrate on myself and not worry where Ava was going.



Another undesirable habit that Kim addressed is my tendency to pull back with my hands when I ask Ava to go forward. This habit, of which I was unaware of doing as is typical of many habits, discouraged Ava from going forward. To correct this, Kim first had me practice just getting Ava to “think” forward. She had me hold the reins on the buckle and ask lightly to go forward. If Ava didn’t respond, which she did not at first, then I was to kick her forward all the while being extremely careful to not pull back on the reins, and in addition, to make sure that Ava did not slow down and quit after just a few strides. Then, I was to repeat with the light aid to test if Ava understood. Ava caught on very quickly!

Often, a picture can explain things better than mere words. Kim told me to envision arrows going forward from Ava’s hindquarters over her back, up her poll and through her reins to my hands. This allowed me to feel her pushing into my hands rather than pulling into my hands. And I was to practice to look in the direction that I wanted to go as if I was riding a jump course and had to look for the next jump. We practiced this principle by doing leg yields off of the lunge line.

Finally, and very importantly, Kim lectured about the value of the outside rein. With forward energy on the twenty meter circle on the lunge line, Kim had me use my inside leg until I felt the outside rein really “fill up” with Ava’s neck and energy. Sometimes, the inside rein needed a little flexion, and other times, a mere tickling with my ring finger. Occasionally, the outside rein needed a tickle. Kim stressed the importance of quietly communicating with only the corners of Ava’s mouth. We did quite a bit of work on this principle in both directions until Kim was satisfied that Ava truly was on the outside rein, and more importantly, that I was able to feel it.



The ADA Scholarship covered seven lunge line lessons, and they helped immensely. I have been practicing what I learned at home on my horses, including my position, forward energy, quiet hands and the all important outside rein. I found that with each lunge line lesson, I had improved a little bit more. I find myself riding each ride with more attention and thought, which is necessary to break poor habits until they are eliminated for good. I am more aware of my seat bones, what my hands are doing, where my eyes are looking, and how balanced I feel.



**Professional saddle services by  
Marji McFadden, LLC**

- Representing the interests of horses and their riders
- Fitting and flocking all brands of English saddles
- Billet replacement/repair
- Educational presentations
- Consignments welcome
- **Coming soon: saddle tree adjustments!**

Marji received her MSA certification in 2002 and apprenticed with British Master Saddler, David Young, who continues to mentor her. Marji is pleased to reintroduce her services to the Arizona equestrian community.

Call/text: 623.363.4813

E-mail: [marjimcfadden@msn.com](mailto:marjimcfadden@msn.com)

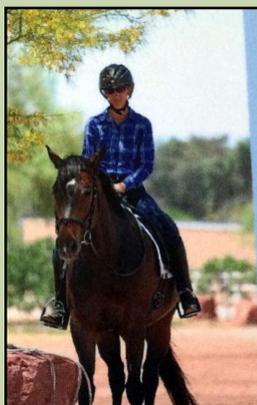
Facebook: Saddle Fitting AZ

**Bobbie Lynn  
Dressage**

Training Clinics  
Lessons Sales

**602-826-9923**

[BLDressage@yahoo.com](mailto:BLDressage@yahoo.com)



**Adobe Ranch Dressage**

Training & Instruction  
Desert Hills, AZ

Carrie Kohlun  
602-284-7076  
[carrie@adoberanchdressage.com](mailto:carrie@adoberanchdressage.com)  
[adoberanchdressage.com](http://adoberanchdressage.com)

**Valerie S. Crail**  
Instruction in the Art  
of  
Dressage & Eventing

602.919.3390  
[vsccrail@gmail.com](mailto:vsccrail@gmail.com)

 USEF & FEI Judge  
Available for Clinics

**USDF REGION 5 WEBSITE**  
**[www.usdfregion5.org](http://www.usdfregion5.org)**

# My Journey to NAJYRC

*By: Katie Scotford*

My name is Katie Scotford, and I competed at the North American Junior Young Rider Championships (NAJYRC) this summer, with my partner Dean Martin, in the Junior division. I was a part of Region 5, and the sole representative from Arizona.

The mantra that I have lived by leading up to competing at NAJYRC has been, "What doesn't kill you makes you stronger." After struggling with issues with my horse for two years, I was finally able to fulfill my dream of competing at NAJYRC. Dean is my soul horse, and it was so special to be able to be there with him. The NAJYRC experience is truly one of a kind, and is so unique because of its entire atmosphere. Having Olympians and top judges everywhere you look not only inspires you but also makes you ride better. From competing in front of a panel of five judges to the competitors party and opening ceremonies, NAJYRC reflects the Olympics in more ways than one. The legendary golf cart parade is a great team bonding time, and where you are at the most risk, because hundreds of teenagers flying around on golf carts gets chaotic to say the least.

Dressage is such an individual sport, and it is easy to get caught up in the minute details and competitiveness. At NAJYRC it is crucial to be able to support your teammates for both the team and individual competition days. Throughout the whole qualifying period, people tell you what an honor it would be to simply make the team. Being an extremely competitive person, it was hard to realize how accurate they were in saying so. Until I actually competed at NAJYRC, it is hard to realize what a massive accomplishment just being at NAJYRC is. Seeing George and Roberta Williams, Charlotte Bredahl-Baker, Jan Ebeling, and others helped put it into better perspective.

Because of the difficulties I went through with Dean, I was never sure that he and I would make it to NAJYRC. The one thing I was sure about was that I was not going to let my dream fall by the wayside. With courage, faith, and especially tenacity, my dream horse and I successfully competed at NAJYRC and had our best rides yet. I couldn't be more honored to have such a fantastic horse, trainer, and family and friends to back my dreams because it takes everyone in your circle to make them come to fruition. I would tell any competitive junior or young rider to make NAJYRC a goal for themselves, if for no other reason than the experience. I am looking forward to moving up to Young Riders, and I hope to compete again at NAJYRC next year as a Young Rider and represent Region 5! Always find the silver lining when life gets rough, and thank all your supporters endlessly. Life will test you, but it will only kill you once, so until it does, you will only become stronger. Most of all, thank your horse because they give it their all everyday, and the very least we can do in return is to be so very grateful to them.

# ARIZONA DRESSAGE ASSOCIATION

September 12, 2016 Regular Board Meeting

## Draft Minutes

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



### **The meeting was called to order at 6:30 p.m.**

1. Directors/Alternate Directors Present: Kathy Smith, Cindy Hitchcock, Sue Leutwyler, Pam Polydoros, Heather Bilodeau, Carol Elias, Michell Combs, Cynthia Ganem, Toni Crowther, Lara Bowles
2. Directors/Alternate Directors Absent: Tania Radda, Betty Drake, Sarah Lindsten, Kim Pribble
3. Guests: None

### **Officer Reports:**

4. Secretary's Report – MOTION: Heather Bilodeau moved to accept the Secretary's Report as printed in the Centerline and posted on the web. VOTE: Unanimous. RESULT: Motion Carried.
5. Treasurers' and Finance Report – September, 2016: Operating Acct. - \$16,209.85; Debit Card Acct. - \$6,321.02; Pantano CD - \$11,437.55; Cash - \$200.00. Reserve account short of goal to cover any catastrophic losses by \$12,098.16 (goal = \$90,000). MOTION: Lara Bowles moved to approve the Treasurer's and Finance Report as presented. VOTE: Unanimous. RESULT: Motion Carried.
6. Recognized Shows (1st VP) – Flagstaff show went well despite monsoon weather on the first day. Competitor party was very well attended. 2018 show schedule discussion. MOTION: Kathy Smith moved to approve the purchase of six radios in the amount to be supplied by Cynthia Ganem. VOTE: Unanimous. RESULT: Motion Carried. Competitor party menu discussion. JR/YR's held a bake sale at the Flagstaff show.
7. Schooling Shows (2nd VP) – Members Only Schooling Show at West World scheduled for Sunday, September 18th. Venue discussion.

### **Standing Committee Reports:**

8. Membership Committee – ADA Membership Report as of August 18, 2016: 314 2016 ADA/GMO Members. 45 New Members in 2016; 40 Adults and 5 Junior/Young Riders. 246 Members Renewed in 2016; 232 Adults and 14 Junior/Young Riders. 23 Returning Members; 22 Adults and 1 Junior/Young Riders. 75 2015 ADA/GMO Members have not renewed for 2016; 63 Adults and 12 Junior/Young Riders.
9. Fundraising Committee – Over the next few weeks, Pam Polydoros will be contacting local businesses for their support. A sponsor section will be added to the November show entry form.
10. Volunteer Committee – Heather Bilodeau submitted an updated Volunteer Hours Report to the Board. All hours are current through August 2016.
11. Rules Committee – By law/rules discussion.
12. Communications Committee – Sue Leutwyler is currently researching Quickbooks integration with the Stripe credit card payment system. New website is functioning well and GoDaddy technical support has been excellent. Recently a Quicklinks Widget has been added to the Home Page/Website which includes links to Show Season Resources (Omnibus, Class Lists, Calendar of Recognized Shows, Show Rules, Championship Rules, Regional Rules,) Show Entry Links, 2017Horse Nomination form link, etc. Sue is developing a chart of Membership Types required for the website and Newsletter.
13. Education Committee – Heather Blitz Clinic scheduled for October 22-23, 2016. Janet Foy Clinic tentatively scheduled for October 14-15, 2017. 2017 Clinician discussion.
14. Vendor Committee – So far, two vendors have expressed interest in the November show.
15. Nomination Committee – MOTION: Sue Leutwyler moved to appoint Carol Elias to chair the Nomination Committee. VOTE: Unanimous. RESULT: Motion Carried.

## New Business

16. 2016 Regionals Donation to RMDS for competitor dinner. MOTION: Cynthia Ganem moved to contribute \$500 to RMDS toward sponsoring their USDF Regional Championships competitor dinner. VOTE: Unanimous. RESULT: Motion Carried.
17. Futurity Committee Chair needed. MOTION: Sue Leutwyler moved to appoint Toni Crowther to chair the Futurity Committee. VOTE: Unanimous. RESULT: Motion Carried.

**Announcement of Next Meeting** – Regular Meeting of October 10, 2016, at the home of Cindy Hitchcock at 6:30 p.m.

**Adjournment:** Meeting adjourned at 8:22 p.m. MOTION: Heather Bilodeau moved to adjourn the meeting. VOTE: Unanimous. RESULT: Motion Carried.

## SHOW JITTERS?

### RELAX THE RIDER ... RELAX THE HORSE

Horses can sense nervousness and tension and it will affect their performance.

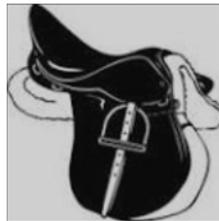
Reflexology is the practice of applying pressure to the feet and hands to reduce tension and induce deep relaxation sending signals that balance the nervous system and release endorphins, reducing pain and stress.

Sessions available in home or at the show.



Point of Interest Therapy  
Certified Reflexologist  
Diana Seaton, C.R.  
785-567-3357  
dseatoncr@gmail.com

<http://pointofinterest.massageplanet.com>



## Attention all hoarders and accumulators of horse stuff!

The ADA will have a tack swap on Saturday 12/03/2016 at the schooling show at Dale Creek Equestrian Center!

Table/Space fees are: \$5 for members, \$10 for non-members, \$15 for retail sellers

If interested, contact Heather Bilodeau at [tattingconnection@gmail.com](mailto:tattingconnection@gmail.com) or text to 602-499-7417.

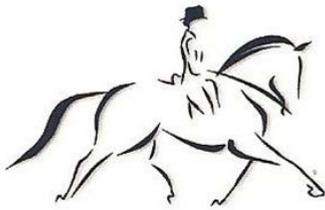


**SHIRLEY RECTOR**  
 Dressage Instruction & Judging  
 Training through Grand Prix

Senior Level Judge  
 Olympic & Pan Am Games Finalist  
 Former Int'l National Champion

**Nag's Head Farm**

7000 Snow Bowl Rd. 602.708.1068  
 Flagstaff, AZ 86001 srector@nagsheadfarm.com  
 www.nagsheadfarm.com



**KS Equestrian**

**Training - Lessons- Sales**

USDF L Graduate  
 USDF Bronze & Silver Medalist

928-300-0474  
 www.ksequestrian.com  
 kailee@ksequestrian.com

East & West Valley

**Flying Fox Farm, LLC**  
 Horse Boarding, Training & Lessons

**Shelley Ebel**

9836 N. 110th Street  
 Scottsdale, AZ 85259  
 480-391-1035  
 flyingfoxfarm1@cox.net




Equine Appraisals  
 Southwest Dressage  
 and  
 Sport Horse Appraisals

**Carol Kessler**

Phone: 602-690-1943 ASEA Certified Appraiser #06121  
 E-Mail: Carol@Equine-Appraisal.com Web: www.equine-appraisal.com



*Special Events Linens*  
 a division of Taylor Equipment  
 and Event Rentals

*Carolyn Leigh Haskell*

(602) 330-2040  
 carolyn@specialeventslinens.com  
 www.specialeventslinens.com  
 www.trsstore.com

**LOIS WHITTINGTON**  
*Dressage*

Instruction  
 Training  
 Boarding

5814 East Redbird Road  
 Scottsdale, Arizona 85266  
 Phone: 480.585.7226  
 Mobile: 480.510.3628  
 lois@loiswhittingtondressage.com



Alice Sarno 602.501.4697

USEA Certified  
 Level III  
 Instructor



**DESERT SPORT HORSE**  
 www.alicesarno.com

# Next Recognized Shows -

## ADA FALL FIESTA & 2016 AZ STATE CHAMPIONSHIPS SHOWS



November 5-6, 2016

WestWorld of Scottsdale, AZ

Check your state championships qualifying status here:

<http://azdressage.org/fall-fiesta-show/>

## TDC FALL FESTIVALS I & II

November 19-20, 2016

Pima County Fairgrounds, Tucson, AZ

<https://www.tucsondressageclub.org/dispshow.asp?ShowID=129>

**EQUUS**  **DRESSAGE**  
L.L.C.

**Tracey K. Krajenke**  
Training • Instruction • Sales  
Cell: 602-793-5838 [www.equusdressage.com](http://www.equusdressage.com)

**Royal Salute** **Jackie Alkin**  
28440 N. 53rd Street  
Cave Creek, Az 85331  
training  
boarding  
lessons  
home ph. 480 585-5950  
barn phone 480 585-6318



 **Forerunner Wellness**  
Leading the Way in Athletic Performance

**Toni Crowther**  
Certified Magna Wave Provider

Cell: (480) 678-0370  
Web: [forerunnerwellness.com](http://forerunnerwellness.com)  
Email: [toni@forerunnerwellness.com](mailto:toni@forerunnerwellness.com)



**TDC FALL FESTIVAL TEAM CHALLENGE**  
**TO BENEFIT**  
**HEROES ON HORSES**  
Therapeutic Riding of Tucson, Inc (TROT)

**A LITTLE BIT ABOUT “HEROES ON HORSES”**

Since spring 2006, TROT has collaborated with the Southern Arizona Veterans Administration Hospital to help injured US Veterans in the Tucson area. TROT's *Heroes on Horses* program offers both mounted and ground lessons and focuses on physical, emotional, social, and cognitive healing. Mounted lessons help improve core strength, balance, and coordination. Learning to cue the horse and ride patterns requires confidence, decision making, following instructions, and remembering complicated courses. The emotional bond with the horse can be powerful and life-changing and can help participants develop tools to better prepare for the anxieties of everyday life. The atmosphere of *Heroes on Horses* is fun, positive, and uplifting- as place where participants can share their experiences and fears with other veterans and where they can focus on physical rehabilitation and personal growth. One TROT participant described the experience saying, "There is absolutely no way to express or measure how this treatment has helped me deal with PTSD and other mental health issues."

**TEAM CHALLENGE RULES**

1. **Team Coordinator:** Sign up your team\* by sending an email to Ursula Conway, [umconway@gmail.com](mailto:umconway@gmail.com), with the names of your team members\* and your email address.
2. **A registration fee of \$25** (check made out to 'TDC' or cash) will be collected at the show when pledge sheets are turned in by team coordinator. All other funds collected go directly to TROT Heroes on Horses.
3. **\*Team will be made up of 3 riders:** 1 open rider and 2 AA (or 1 open, 1 AA, & 1 Jr). If you wish to participate but don't have a team, let us know and we'll try to put riders together to form a team. You may also participate on two teams but will need two different pledge sheets (1 for each team).
4. **Download a pledge sheet** (1 for each team member) from the TDC web site to record donations and pledges to your team. Get your friends, family, businesses to make a sponsorship or pledge by either of the following methods :
  - a. **Sponsor-** Make a one-time donation for your team by
    - i. writing a tax-deductible check made out to TROT, Inc.- team member collects check and records amount on his/her pledge sheet... OR
    - ii. Sponsor may use a credit card by calling TROT at 749-2360, Ext '0'. Ask for Carolyn and provide the name of the rider who solicited the donation for team credit
  - b. **Pledge** - a donor pledges a specific amount based on rider's highest dressage score (rounded up to next whole number) minus 50%. For example, a donor might pledge \$2. If rider's highest score for Saturday is 62.4%, then the person who pledges would pay 63% - 50% = 13 X \$2 = \$26. You would collect this amount from your donor after the show. Checks should be made out to TROT, Inc. Note to Riders: You will use the best score you receive for any one ride on Saturday.
5. **Team Coordinator: Please turn in your registration fee; pledge sheets; and sponsor checks Fri. pm at the competitor dinner. All pledges and sponsorships must be recorded on pledge sheets prior to turning them in so that your team can get the proper credit.** Questions? Nancy McGibbon:  
[nhmcgibbon@gmail.com](mailto:nhmcgibbon@gmail.com)

**Special Mounted 'Awards Ceremony' at Noon on Sunday.**

First prize- will be awarded to the team who collects the most money for TROT  
Second prizes – for the top 4 teams who have the highest average dressage score

**We hope everyone will participate in this very worthwhile and fun team challenge.**  
**Thank you for helping improve the quality of life for our veterans!**

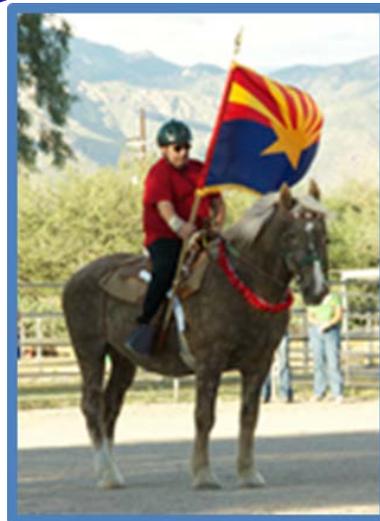
# TDC Dressage Fall Festival I & II

NOVEMBER 19-20, 2016  
Pima County Fairgrounds

## **FALL FESTIVAL TEAM CHALLENGE** to benefit **HEROES ON HORSES** Therapeutic Riding of Tucson



**COMPETE  
WITH  
OTHER  
TEAMS**



**WIN  
PRIZES**

**HELP A VETERAN  
EXPERIENCE THE  
JOY OF HORSES**



- Each team will have 3 riders- 1 open rider plus 2 AA (or 1 Jr and 1 AA)
- Get sponsors for your ride or get pledges that will be based on the difference between 50% and your highest test score
- Details soon on TDC website for team sign-up and pledge form



# Arizona Dressage Association Presents Heather Blitz Clinic October 22-23, 2016



Heather Blitz, a Pan American Games Team Gold Medalist, is an accomplished Grand Prix competitor and trainer. With Ripline, Heather was the 2015 Markel/USEF National Reserve Developing Prix St. Georges Champion, and the National Six-Year Old Champion at the 2014 Markel/USEF Young & Developing Horse Dressage National Championship. The pair was also the U.S. Dressage Finals National Third Level Champion in 2014. Heather's training system is based on two principles: rider biomechanics and body awareness at all levels. Blitz also trains paralympic dressage rider Annie Peavy, who will be competing in the 2016 Summer Paralympics.

**October 22-23, 2016**

**Marvel Acres - 27114 N. 156th Street, Scottsdale, Arizona 85262**  
See ADA Website for Rider Applications and Auditor Registration Details.

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

**For more information:** Sarah Lindsten | 480-586-7103 | [s.lindsten@azdressage.org](mailto:s.lindsten@azdressage.org)

# Auditor Registration

## Heather Blitz Clinic October 22-23, 2016

### Marvel Acres

(156<sup>th</sup> Street & Dynamite)  
27114 N. 156<sup>th</sup> Street, Scottsdale, Arizona

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Early Registration Discount through October 14, 2016.**

**Clinic Location: Marvel Acres  
27114 N. 156<sup>th</sup> Street, Scottsdale, Arizona**

<b>Early Registration until 10/14/16</b>		<b>After 10/14/16</b>	
One day: \$25 Both days: \$40		One day: \$30 Both days: \$50	
Saturday	_____	Saturday	_____
Sunday	_____	Sunday	_____
Total:	_____	Total:	_____

*Lunch will be provided each day and will include a main dish, beverage and dessert.*

**Mail your registration and payment to:**

Sarah Lindsten 41003 N. Canyon Ridge Trail, Cave Creek, AZ 85331

**Early Registration Deadline: October 14, 2016**

Checks payable to **Arizona Dressage Association**

For more information:

Sarah Lindsten | 480-586-7103 | [s.lindsten@azdressage.org](mailto:s.lindsten@azdressage.org)

# Why I Ride Schooling Shows

*By Heather Bilodeau*

When I started learning dressage 9 years ago on my 11 year old rescued Arabian gelding, I knew we would not be going far. He has had shoulder and back issues from the time I got him and for the first two years of our relationship he had trouble staying sound. Dressage actually helped with that, keeping him moving and teaching him how to properly carry himself even though we had limited space to work in my friend's back yard and her very small rust cinder "arena". We had several lessons with a licensed trainer who then moved to Texas and turned us over to one of her other students, a high school girl who was still learning dressage herself but who was quite horse savvy and talented. After another year or so of coaching she started encouraging me to take my horse to shows just to see what we had learned so far and gain input from judges. So we entered a schooling show. And I was a basket case! I knew my horse and I were doing well at home, but there were so many things we did not know that we learned at our first show.



*Heather on her horse,  
ExKhalibur "Khal"*

It was because of that first schooling show that I am a huge proponent of schooling shows for anyone in dressage, no matter the age or experience level of horse or rider. First, it doesn't cost a lot of money. Entry fees are lower than recognized shows and there are usually no extra fees, like office fees, drug fees, trailering-in fees, etc. Stabling may be about the same but that depends on the venue. Secondly, there are often more schooling shows than recognized shows. There's usually at least one a month between October and May in the Phoenix or Tucson areas, and some during our hotter times up north. Third, you and your horse can get out and experience working away from the barn buddies, away from the familiar comfort zone. The more often you get into new situations, the less excitable your

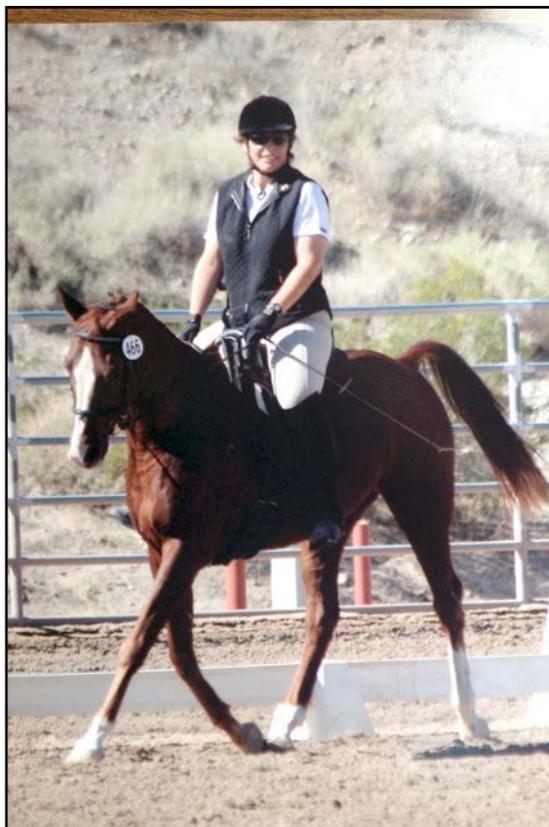
horse will become, and your own show nerves will diminish too. Fourth, schooling shows don't have the pressure of recognized shows. The majority of schooling shows don't require white breeches and a jacket, and braiding is optional. This allows you to concentrate on your horse and doing your test rather than your turn out. Everything is more laid back at schooling shows. Finally, in addition to all these benefits, you get the perspective of someone other than your trainer! The same judges who do recognized shows also do schooling shows. Some schooling shows even award ribbons. All the benefits of a recognized show with less cost and less stress.

I found it much easier to learn the ins and outs of showing at schooling shows. We quickly learned the etiquette of the warm up ring, when to enter the show ring, and how to deal with the unexpected during the test. When I do a schooling show, I don't have the added pressure of forfeiting the money I've invested should my horse choose to not cooperate or be silly and hurt himself in the warm up ring.

I doubt that I will ever forget my first schooling show. In our first of two classes, my horse stopped in the middle of the test to pee. And in the second class, I got off course, didn't realize it and had no idea why the judge starting ringing the bell before I was done! Learning experiences like these are much easier to absorb at a schooling show. Learn these things first at a schooling show with less pressure, and when you get to the recognized show you will be an old hand at it. By our second schooling show, I knew enough to keep my horse moving at all costs during the test, with the result that as we finished with our test, we halted, saluted and then he peed. The other competitors appreciated the fact that we had marked X for them!

My first schooling shows were fun and such great learning experiences that by the time I jumped into my first recognized show, I knew what I was doing and I didn't feel so much anxiety that I forgot to have fun. Because if you aren't having fun, why are you riding?

I'm going to miss the schooling show circuit for a while. My 22 year old horse's arthritis and back problems have finally caught up with him and after this year's Scottsdale Arabian Show my trainer and I decided to retire him from showing. But you can bet as soon as I get a new dressage ride, we'll be right back in the schooling shows!



*“He has had shoulder and back issues from the time I got him .. Dressage actually helped with that, keeping him moving and teaching him how to properly carry himself ... “*

**Next schooling show: December 3, 2016**

**Location: Dale Creek Equestrian Village in Litchfield Park, AZ.**

**Show Entry: <https://azdressage.org/schooling-shows/>**



# Arizona Dressage Association Tack Swap Table Application

**Where:** Dale Creek Equestrian Village, 13424 W. Camelback, Litchfield Park, AZ

**When:** December 3, 2016 8am – 3pm

**How Much:** Cost per 6' table space (tables not provided): \$5 for ADA members; \$10 for non-members; \$15 for retail vendors. Maximum of 2 spaces. Canopies/umbrellas allowed only if it rains.

**Details:** Spaces will be assigned on a first come, first served basis. No parking of vehicles by the tables. No sales of animals or vehicles on-site. Retail vendor space includes sale of any new merchandise, mass produced or custom, for the purpose of generating income. Any space having retail type items will be charged a retail space even if there are regular tack swap items being sold also. Retail vendors will be responsible for collecting/reporting any sales tax as required by AZ law. All Vendors will collect their own money. Spaces will not have access to electricity or wi-fi. No large displays or flags/banners allowed.

The Tack Swap is being held in conjunction with the December Dressage Schooling Show.

**Please complete the below information and return with payment by 11/28/2016**

Name: \_\_\_\_\_

ADA Member? Yes \_\_\_\_\_ No \_\_\_\_\_ Retail Vendor? Yes \_\_\_\_\_ No \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Number of spaces: 1 \_\_\_\_\_ 2 \_\_\_\_\_

Retail Vendors:

Description of items being sold \_\_\_\_\_

**Make checks payable to the Arizona Dressage Association and mail to:**

Heather Bilodeau, 5353 S. El Camino Dr., Tempe, AZ 85283; 602-499-7417;

[tattingconnection@gmail.com](mailto:tattingconnection@gmail.com)



**Wave Wellness LLC**  
*...Ride the wave to wellness*

**Robin Biehl**  
 Certified Magna Wave Practitioner

602.510.2757

www.wavewellnesspemf.com  
 info@wavewellnesspemf.com



**Mana Sporthorse**  
 Gilbert, Arizona

Breeding, Training, Lessons, Sales

Colter Baysa 602 697-9964  
 www.manasporhorse.com

**Kristy Doty**  
 owner/trainer

Premium Boarding  
 Dressage  
 Training & Instruction



27213 N. 44th St.  
 Cave Creek AZ 85331  
 623.910.1782

**Kemah Farms**

**USDF Dressage Finals - Declarations are Open!**

Declarations are now being accepted for the 2016 US Dressage Finals presented by Adequan. There is no fee to declare, but horse and rider combinations must declare at the level(s) and eligible division(s) they intend to compete in at the US Dressage Finals. Declare now at [www.usdressagefinals.com](http://www.usdressagefinals.com).

**Leatherworks**  
 Complete English Saddle Repair Service



**DUNCAN STEWART**  
 928-202-9154

**Morey Equine Services LLC**  
 Nutrition Consultation  
 Associate Kentucky Equine Research



602-828-0734  
 www.moreyequine@gmail.com

10% discount for online orders at [www.kerx.com](http://www.kerx.com)  
 Code DM10



# Barn Tip:



## **Breast Cancer Screening: Facts and Figures.**

- In 2015, it was estimated that there would be 231,840 new breast cancer cases in the United States and roughly 40,290 women would die of the disease.
- A woman in the United States has a one in eight risk, over the course of her lifetime, of being diagnosed with breast cancer.
- The incidence of breast cancer increases steadily with age. Each year approximately 1 woman in 1000 will be diagnosed with breast cancer at the age of 40, increasing to approximately 1.1/1000 at age 41, 1.2/1000 by age 43, etc. This increases to 2/1000 by age 50, 2.1/1000 by age 51, up to 3/1000 by age 60 and so on.
- It has been known for years that mammographic screening is able to detect a large percentage of breast cancers before they can be felt and when they are at a smaller size, earlier stage, and more likely to be curable.
- The breast cancer death rate was unchanged for decades prior to the onset of mammography screening, which began at a national level in the mid 1980's. As expected, five-to-seven years later, the death rate began to fall in 1990, and has now declined by over 30% since then. Each year, more than 30% fewer women die from breast cancer than would have died had the death rate not been reduced. Therapy has improved, but lives are saved when breast cancers are detected and treated earlier. It is screening that leads to the greatest reduction in deaths.
- Men develop breast cancer as well and receive the same modern therapy as women, but the death rate for men has decreased only slightly since 1990. This is because men are not screened and do not have the benefit of early detection.
- Breast cancer has a disproportionately devastating impact on minorities. In 2010, breast cancer mortality rates were 41% higher among African-American women than among non-Hispanic white women. This is, in part, due to lower participating in breast cancer screening.
- The most rigorous scientific studies known as randomized-controlled trials (RCT) have shown a decline in deaths from screening women beginning at the age of 40.
- More than 40 percent of the years of life lost to breast cancer are among women diagnosed in their 40s.
- Major health organizations, including the American Cancer Society, the American Society of Breast Disease, the American College of Obstetricians and Gynecologists, the American College of Radiology and the Society of Breast Imaging, recommend annual mammograms beginning at age 40.

*Tip? [watters4@cox.net](mailto:watters4@cox.net)*

*Be Healthy, Be Safe, Fellow Dressage Enthusiasts!*

Opening Date for Entries  
September 8, 2016

Closing Date for Entries  
Received by October 27, 2016 midnight Eastern Time



***Presented by Adequan®***

Official Prize List for the  
US Dressage Finals presented by Adequan  
and  
USDF Dressage in the Bluegrass  
Licensed by the United States Equestrian Federation

November 10-13, 2016

Opening Date for Declarations: July 1, 2016

Opening Date for Nominations: September 8, 2016

Nomination Deadline: Varies by region – see page 9 for list by region

USEF/USDF No. 330778 Level Five Competition  
Kentucky Horse Park, Lexington, KY

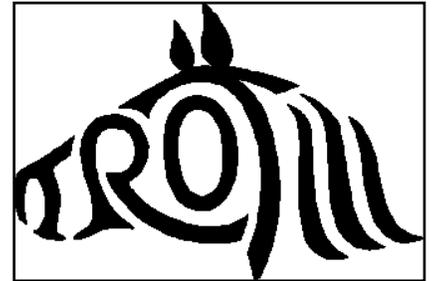
Official Prize List posted on [www.usdressagefinals.com](http://www.usdressagefinals.com)



# MAKE A DIFFERENCE AT THE TEAM CHALLENGE

*By Ellie Stine Masek*

On September 11, 2016 I was judging for the Alamo Dressage Association in Boerne, Texas. The show held a moment of silence in Ring 1 at 8:46am, the moment that the first plane struck the North Tower of the World Trade Center. Among all the other thoughts and emotions that I experienced during that minute, I thought about our Tucson Dressage Club and realized that fifteen years have passed since we held a charity fundraiser for our community.



*T.R.O.T. - Therapeutic Riding of Tucson*

I am excited and pleased that the TDC Board and Show Committee have supported the idea of The Team Challenge as a fundraiser at our Fall Festival Horse Show, November 19 and 20, 2016. The Therapeutic Riding of Tucson (TROT) Hero's for Horses program will be the beneficiary of this activity. This specific program is helping disabled veterans, many of whom have served our country since the terrorist attacks of 9/11/2001.

We all understand the value and importance of having horses in our lives. This is an opportunity for our dressage community to expand beyond our sand box and 20 meter circles to help our veterans experience the therapeutic benefit of horses.

The Team Challenge is really simple. Form a team of three riders: 1 Open rider, 1AA rider, and 1 JR rider or 1 Open rider and 2 AA's. Enter your team and collect pledges for percentage points earned on a specific test. All the details and pledge sheets are in this newsletter, or you can go to the [TDC Website](#) or [www.horseshowsolutions.com](http://www.horseshowsolutions.com).

Horse Show Solutions is the website for our new Horse Show Secretary, Debbie Garris. Debbie is a Mid Westerner with a second home (snowbird) in Tucson. She has lots of experience and brings a fresh face to the show office.

The Show Committee is still looking for a person to fill the shoes of Kim Price, who retired from the position of Volunteer Coordinator. Hers are big shoes to fill, but the Show Committee has divided up the many responsibilities of the job in hopes of training several people to assume Kim's duties. This can be a paid position for the three weekends a year at the TDC Recognized Shows.

The Team Challenge at the Fall Festival should be fun for all the participants and I hope that everyone will help to make it a success.

\*\*\* If your name should be on this list, please contact Heather Bilodeau @ [h.bilodeau@azdressage.org](mailto:h.bilodeau@azdressage.org)! \*\*\*

\*\*\* Don't forget you can also donate your hours to your favorite ADA Member! \*\*\*

# Heartfelt THANKS

## TO OUR VOLUNTEERS!

### 2016 Volunteer Hours Reported through September (4 hours meets the minimum Year End Awards Eligibility)

Name	Hours Credited	Eligible for YEA?	Name	Hours Credited	Eligible for YEA?
Aldren, Aryana	2.00	No	Crampton, Susan	36.50	Yes
Allison, Anne	4.00	Yes	Crinnian, Susan	8.50	Yes
Anderson, Katie	28.00	Yes	Crowther, Antoinette	13.00	Yes
Ayres, Amy	8.50	Yes	Cunningham, Syndy	33.00	Yes
Barngrover, Alyssa	8.00	Yes	Damiano, Ann	14.00	Yes
Beebe, Jane	4.00	Yes	DeBenedetto, Diane	34.00	Yes
Biehl, Robin	8.00	Yes	DeGirolamo, Carol	4.00	Yes
Bilodeau, Heather Lynne	50.50	Yes	Delaney, Joann	4.00	Yes
Blasingim, Dianna	25.50	Yes	Disney, Kim	4.00	Yes
Bowles, Lara	58.50	Yes	Drake, Elizabeth	29.50	Yes
Brookhart, Kendall	8.00	Yes	Dupre, Linda	1.50	No
Buchanan, Anne	3.25	No	Duzan, Barbara	4.00	Yes
Calhoun, Cheshire	4.00	Yes	Echazabal, Dianne	4.00	Yes
Callahan, Anne	17.50	Yes	Elias, Carol	51.00	Yes
Carson, Deborah	9.00	Yes	Evans, Margo (NAC)	7.00	Yes
Cecchini, Joyce	4.00	Yes	Farthing, Pamela	4.00	Yes
Clary, Jeanine	4.00	Yes	Finnegan, Kara	4.00	Yes
Cochran-Overly, Maren	17.50	Yes	Flores-Reed, Lise	4.00	Yes
Cochran, Janice	4.00	Yes	Fonoti, Chris	8.00	Yes
Cohn, Jenny	16.00	Yes	Ganem, Cynthia	49.00	Yes
Combs, Michell	25.50	Yes	Gasperak, Joan	4.00	Yes
Course, Cindy	10.50	Yes	Gasperak, Mark	4.00	Yes
			Gilbertson, Jackie	14.00	Yes

## 2016 Volunteer Hours Reported as of September

Name	Hours Credited	Eligible for YEA?	Name	Hours Credited	Eligible for YEA?
Gilliland, Missy	34.00	Yes	Mayorga, Tamara	12.00	Yes
Gonzalez, Marta	4.00	Yes	McAlpine, Susan	4.00	Yes
Graff, Jill	4.00	Yes	McFadden, Greg	10.00	Yes
Graham, Alex	54.00	Yes	McFadden, Marji	30.00	Yes
Graham, Erin	30.00	Yes	McGraw, Georgia	4.00	Yes
Grundt, Suzanne	14.00	Yes	McKee, Bobbie Lynn	14.00	Yes
Haarms, Bert	8.00	Yes	Mckinney-Rodriguez, Jacqueline	34.00	Yes
Haney, Carole	5.00	Yes	McKinney, Lynn	8.00	Yes
Henderon, Blake III	10.00	Yes	McLaughlin, Wendy	4.25	Yes
Hentges, Laurie	4.00	Yes	McLean, Barbara	12.00	Yes
Higgins, Suzanne	4.00	Yes	Middleton, Barbara	8.00	Yes
Hightower, Patrice	4.00	Yes	Miller, Sandra	4.00	Yes
Hill, Verena	4.00	Yes	Mooney, Michele	4.00	Yes
Hitchcock, Cindy	49.25	Yes	Mount, Jessica	7.00	Yes
Humphries, Mary	4.00	Yes	Muller, Patricia	4.00	Yes
Irbinskas, Heather	4.00	Yes	Murphy, Christine	4.00	Yes
Jackson, Cyndi	4.00	Yes	Naughton, Paula	17.00	Yes
Jonaitis, Sasha	8.00	Yes	Nayak, Katherine	4.00	Yes
Jonaitis, Sophie	8.00	Yes	Nevarez, Victoria	17.00	Yes
Jones, Cathy Lee	1.00	No	O'Brian, Kevin	28.00	Yes
Kalchik, Allen	6.00	Yes	O'Brian, Mikayla	26.00	Yes
Kazan, Eric	2.00	No	Paglia, Paula	4.00	Yes
Kazan, Lyn	2.00	No	Parmentier, Mary Jane	8.00	Yes
Kohlun, Carrie	4.00	Yes	Parrella, Penny	4.00	Yes
Krajenke, Tracey	9.00	Yes	Parrish, Ph.D., Susan	11.50	Yes
Kurbat, Margaret	4.00	Yes	Patton-Rich, Teri	4.00	Yes
Kuzmanic, Kirsten	42.00	Yes	Patton, Jean	4.00	Yes
Lands, Carol	2.00	No	Pillon, Judith	4.00	Yes
Lane, Leesa	4.00	Yes	Pinkus, Ganit	3.00	No
Lassetter, Caroline	4.00	Yes	Plasman, Sue	8.00	Yes
Leutwyler, Ric	2.00	No	Pollack, Jaime	9.00	Yes
Leutwyler, Susan	34.00	Yes	Polydoros, Pamela	25.25	Yes
Lindley, Debbie	7.00	Yes	Porter, Stacey	4.00	Yes
Lindsten, Sarah	69.00	Yes	Pribble, Kimberly	17.50	Yes
Lorenzen, Kay	4.00	Yes	Radda, Tania	22.25	Yes
Mahler, Julie	4.00	Yes	Riddell, Kenzie	4.00	Yes
Manning, Melanie	4.00	Yes	Riddell, Wendy	8.00	Yes
Marshall, Marian	4.00	Yes	Riegger, Jackie	2.00	No
Martinec, Beth	5.00	Yes	Riegger, Michael	6.00	Yes

## 2016 Volunteer Hours Reported as of September

Name	Hours Credited	Eligible for YEA?	Name	Hours Credited	Eligible for YEA?
Roth, Amy	8.00	Yes	Stricklet, Karen	5.00	Yes
Sannes, Melisa	4.00	Yes	Surplus, Kailee	9.50	Yes
Schmitz, Ulrich	4.00	Yes	Tillman, Laura	4.00	Yes
Schuttler, Petrice	4.00	Yes	Tismeer, Betsy	2.00	No
Schwartz, Maureen	2.00	No	Tripp, Sherrill	4.00	Yes
Scotford, Katie	4.00	Yes	Tyler, Lyn	43.00	Yes
Shannon, Dianna	20.00	Yes	Vander Woude, Susan	4.00	Yes
Shelly, Jayne	7.00	Yes	Wallace, Donna	4.00	Yes
Simpson, Lynn	4.00	Yes	Walsh, Norma	14.00	Yes
Skarsten, Chris	4.00	Yes	Watters, Meredith	13.00	Yes
Sletten, Jeanette	4.00	Yes	Weaver, Cheryl	4.00	Yes
Smith, Katherine A	4.00	Yes	Webber, Leigh	4.00	Yes
Smith, Katherine J	28.00	Yes	Werstler, Danielle	4.00	Yes
Sodowsky, Julie	0.50	No	Whittington, Lois	4.00	Yes
Soich, Nikki	4.00	Yes	Wickham, Ashley	3.50	No
Sorenson, Sherri	4.00	Yes	Wilhite, Jerri	19.50	Yes
Southerly, Amanda	2.00	No	Wilkening, Sondra	10.00	Yes
Sparks, Gina	5.00	Yes	Wilson, Heather	2.00	No
Spirk, Gabrielle	5.00	Yes	Wittstock, Kathy	4.00	Yes
Stapleton, Kelly	4.50	Yes	Wolpert, Sherry	4.00	Yes
Stearns, Carol	2.00	No	Yacobucci, Kim	4.50	Yes
Stine-Masek, Eleanor	4.00	No	Ziurys, Lucy	8.00	Yes

**\*\*\* If your name should be on this list, please contact Heather Bilodeau @ [h.bilodeau@azdressage.org](mailto:h.bilodeau@azdressage.org)! \*\*\***

**\*\*\* Don't forget you can also donate your hours to your favorite ADA Member! \*\*\***

We can always use your help at our shows and clinics! If you're vying for Year End Awards, a 4-hour minimum of volunteer service is required for eligibility.

You have LOTS of ways you can be of service to your organization ... even including surrogate service from friends and family! Our full Volunteer Policy can be found on our website at: <http://azdressage.org/volunteer/>

### ***We'd love your thoughts on the current volunteer system***

What makes your volunteer efforts worthwhile to you? --recognition, a show T-shirt, a volunteer raffle? Are you looking for alternate ways to help the ADA because your schedule makes volunteering at shows difficult? The ADA is in the midst of another big year, with more volunteers needed than ever, and we want to make that effort rewarding for us all. We would love to get input on what, if any, changes would make volunteering more rewarding for you. Knowing that our membership's time is more precious than ever, please consider taking a moment to send in your comments or questions if you haven't already to let us know how, when, and why you volunteer so that we can devise a suitable volunteer recognition/rewards program.

Feel free to email Kathy Smith at [ksmith@azdressage.org](mailto:ksmith@azdressage.org) and give us your opinion! Thanks so much!

# Dorie Says "Just Own It"

*By Michell Combs*

Dorie Vlaten-Schmitz, USEF "S" Dressage Judge and Central Arizona Riding Academy owner/instructor, presented a Continuing Education workshop for a great group of L Participants & Graduates on Saturday, August 20. The atmosphere was encouraging, inviting, and educational. Everyone was able to speak and gain confidence in the judging process.

The goals for the training were to:

- review the training pyramid (the basics)
- discuss judging terminology
- develop clear methodology
- understand word choices and how they may be interpreted by the rider
- practice out loud

Dorie told the group that L Participants & Graduates generally use too many words, making the job of the scribe difficult. Throughout the day she helped the participants condense words and phrases to be clear for the rider and scribe-friendly.

Dorie told the group to "just own it". She didn't want participants to second guess comments and scores. She wanted an immediate assessment. The participants were expected to trust their training and first impressions. Dorie said (and I've heard this from other judges as well) that while judges strive to be accurate, it is only human that one may make mistakes from time to time. All judges continue to learn throughout their judging careers. The point of the first exercise was to go with



one's first impression and move on. It is important to keep up with the pace of the test. She also emphasized that judges do have to justify their scores. To participate in any USDF L or USEF Dressage Judge training program, the participant will have to be able to articulate his or her reasons.

A participant mentioned how important the horse's whole body was to every part of the training pyramid. Dorie was happy to have an in-depth discussion about it. When defining or explaining words, such as "connection", sometimes the focus tends to be on the rider's hands and the horse's mouth. It's so much more than that.

A workshop highlight was watching a British video of dressage rides and listening to esteemed FEI Dressage Judge Stephen Clarke provide a comment out loud during a test pattern. The participants decided what score he gave based on the comment. One comment was "could spring more off the ground". Many in the group thought that

would be a 7.0. However, Stephen Clarke gave the movement an 8.0. Dorie explained that the horse had energy and was willing. So, she asked the group, why not an 8.0? The comment explained to the rider why the score wasn't a 9.0. A couple other interesting comments the participants liked were "small disturbance" and "show more uniform bend".

Understanding and formulating collective marks are always a great topic in workshops and clinics. Dorie explained the difference between impulsion and submission, although she's not a fan of the word submission. One way to help explain the difference is by asking the question: "Is the horse physically and mentally prepared and capable to do the movement vs does the horse want to do the movement?" She also shared how she prepares for collective scores and comments while the test is in progress. She didn't want to see the participants judge a test and then get to the collective marks and think "now what?"

Throughout the workshop Dorie gave helpful tips. She suggested using the term reach to refer to the horse's shoulders. She said to use the term cover more ground to refer to the horse's strides. When evaluating the stretchy trot, she said to be clear about what needs to happen – nose out or nose down? Never just say "needs more stretch" without being specific.

Participants reviewed judging terminology provided in a binder Dorie prepared for everyone. The group discussed what the rider may think as a result of the words. It was clear even in our group that words had different interpretations. The risk with some of the judging terminology is that it can be misinterpreted by the rider. For example a comment "needs more energy/impulsion" could result in the rider chasing the horse. The group brainstormed, with Dorie's guidance, to come up with other ways to say the same thing, such as saying sluggish and sleepy instead of the lengthy alternative. A judge tries to avoid saying anything that may result in the rider blaming or punishing the horse. What a judge says should not contribute to a horse's training going in the wrong direction. Another phrase which created discussion, was "above the bit." Some participants had different variations of what that meant and what the criteria was for using it. In addition, the participants discussed "irregular steps". The group defined what rhythm meant, discussed what lateral or a lateral tendency was, and noted what could instead be a balance issue.

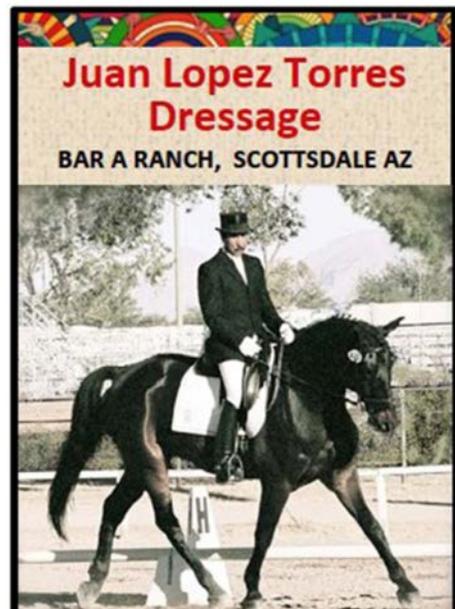
The participants gained a lot of confidence and education in the workshop. I personally like the phrase "just own it" and can apply that to my life and riding as well! Thanks to Dorie Vlaten-Schmitz for providing an educational day. We all wish the current group of L Participants good luck in their upcoming testing.



*Balance is key!*  
**Training-Lessons-Sales**

(602) 680-8956  
R2cdressage@hotmail.com  
Rhythm2collectiondressage.com

*"T" Müller*  
**DRESSAGE**



**Juan Lopez Torres**  
**Dressage**  
BAR A RANCH, SCOTTSDALE AZ

TRAINING INSTRUCTION BOARDING  
602 363 4771  
juanlopeztorres@cox.net

## CALENDAR OF EVENTS

### OCTOBER 2016

**2: NAC of ADA Pronghorn Series Schooling Show.**

Location: American Ranch Equestrian Center, Prescott, AZ.  
Contact [www.nacofada.com](http://www.nacofada.com).

**8-9: USDF Adult Series Clinic, Featuring Kathy Connelly & Betsy Steiner.** Location Reverie Farms, Longmont, CO.  
[www.usdf.org](http://www.usdf.org)

**8: ADA October Schooling Show.** Location: Bar A Ranch, Scottsdale, AZ. \$20/class; \$20/day for Schooling Only; \$10/day Non-Member Fee. See [Entry Form](#)>

**10: ADA Regular Meeting** 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

**22-23: ADA 2016 Dressage Clinic, Featuring Heather Blitz.** Location: Marvel Acres - 27114 N. 156th Street, Scottsdale, Arizona 85262. For Auditor Registration (fees apply) see [ADA website](#) or Contact: Sarah Lindsten - [s.lindsten@azdressage.org](mailto:s.lindsten@azdressage.org)

**29-30: Region 5 JR/YR Clinic featuring Charlotte Bredahl-Baker.** Location: Bandelaro Ranch, 8526 E Tanque Verde Road, Tucson, AZ 85749. Riders - Apply by September 16, 2016. <http://www.usdf.org/education/clinics/jryr/riders.asp>. [Auditors Pre-registration](#) ends on October 14, 2016. Contact Kathy Robertson: [jryrclinics@usdf.org](mailto:jryrclinics@usdf.org)

### NOVEMBER 2016

**5-6: ADA Fall Fiesta & AZ State Championships,** Location WestWorld, Judges Cindy Canace 'S', Fran Dearing 'S'. Dinah Babcock 'S', Marilyn Payne 'S', Manager Jay Chabucos [JayChabucos@gmail.com](mailto:JayChabucos@gmail.com), Secretary Sue Plasman [s.plasman@azdressage.org](mailto:s.plasman@azdressage.org)

**10-13: US Dressage Finals,** Location Kentucky Horse Park, Lexington, KY. <http://www.usdf.org/usdressagefinals/>>

**14: ADA Regular Meeting** 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

**19-20: TDC Fall Festival I & II,** Location Pima County Fairgrounds, Tucson, Judges: Sue Malone-Casey, 'S', Highland Village, TX; Sarah Geikie, 'S', Lebanon, CT; Manager Jay Chabucos - [JayChabucos@gmail.com](mailto:JayChabucos@gmail.com), Secretary Debbie Garris - [dgarris@horseshowolutions.com](mailto:dgarris@horseshowolutions.com)

**30-Dec 3rd: USDF Annual Board of Governors Convention** in St. Louis, MO.

### DECEMBER 2016

**1: ADA/USDF 2017 Membership Year Begins**

**3: ADA December Schooling Show.** Location: Dale Creek Equestrian Village, Litchfield Park, AZ. \$20/class; \$20/day for

Schooling Only; \$10/day Non-Member Fee. See [Entry Form](#)>

**12: ADA Regular Meeting** Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

### JANUARY 2017

**9: ADA Regular Meeting** 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

**21-22: TDC Winter Heat I & II,** Location Pima County Fairgrounds, Tucson, Judges: TBD; Manager Jay Chabucos - [JayChabucos@gmail.com](mailto:JayChabucos@gmail.com), Secretary Debbie Garris - [dgarris@horseshowolutions.com](mailto:dgarris@horseshowolutions.com)

**28: ADA January Schooling Show.** Location: Bar A Ranch, Scottsdale, AZ. \$20/class; \$20/day for Schooling Only; \$10/day Non-Member Fee. See [Entry Form online](#)>

### FEBRUARY 2017

**13: ADA Annual Meeting,** 6:30 pm. Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

**19: ADA Fun in February Dressage Show,** Location Dale Creek Equestrian Center, Litchfield Park, AZ, Judges TBD, Manager Kathy Smith - [ksmith@azdressage.org](mailto:ksmith@azdressage.org), Secretary Cynthia Ganem - [cganem@azdressage.org](mailto:cganem@azdressage.org)

### MARCH 2017

**4: ADA March Schooling Show.** Location: Dale Creek Equestrian Village, Litchfield Park, AZ. \$20/class; \$20/day for Schooling Only; \$10/day Non-Member Fee. See [Entry Form online](#)>

**13: ADA Regular Meeting,** 6:30 p.m. Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

**18-19: TDC March Madness I & II,** Location Pima County Fairgrounds, Tucson, Judges: TBD; Manager Jay Chabucos - [JayChabucos@gmail.com](mailto:JayChabucos@gmail.com), Secretary Debbie Garris - [dgarris@horseshowolutions.com](mailto:dgarris@horseshowolutions.com)

### APRIL 2017

**1: ADA April Schooling Show.** Location: Bar A Ranch, Scottsdale, AZ. \$20/class; \$20/day for Schooling Only; \$10/day Non-Member Fee. See [Entry Form online](#)>

**10: ADA Regular Meeting** 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

**15-16: ADA Spring Celebration,** Location WestWorld, Judges TBD, Manager Jay Chabucos - [JayChabucos@gmail.com](mailto:JayChabucos@gmail.com), Secretary Sue Plasman - [s.plasman@azdressage.org](mailto:s.plasman@azdressage.org)

## CALENDAR OF EVENTS CONT.

### MAY 2017

**8: ADA Regular Meeting** Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

### JUNE 2017

**2-4: Road Runner I**, Location Pima County Fairgrounds, Tucson, Judges: TBD; Manager Rosemary Panuco, [Appeals1@aol.com](mailto:Appeals1@aol.com)

**12: ADA Regular Meeting** Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

### JULY 2017

**11: ADA Regular Meeting** 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

**15-16: Road Runner II**, Location Pima County Fairgrounds, Tucson, Judges: TBD; Manager Rosemary Panuco, [Appeals1@aol.com](mailto:Appeals1@aol.com)

### AUGUST 2017

**12-13: ADA Mountain Air Dressage and Dressage in the Pines Shows**, Location Ft. Tuthill, Flagstaff, AZ. Judges: Sue Solstad and Sandy Hotz, Manager: Jay Chabucos [JayChabucos@gmail.com](mailto:JayChabucos@gmail.com), Secretary: Sue Plasman [s.plasman@azdressage.org](mailto:s.plasman@azdressage.org)

**14: ADA Regular Meeting** 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

### SEPTEMBER 2017

**11: ADA Regular Meeting** 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

## NUGGETS

Does your trainer or clinician or fellow rider have some quotes or pearls of wisdom that he or she states that crystallize a concept for your riding? If so, please email them to [centerline@azdressage.org](mailto:centerline@azdressage.org) and they will be considered for publication.

"NO sitting trot on young horses. So the horse hasn't got to carry you as well as learn something. Stay rising to build strength in the back."

CARL HESTER

**L & L Dressage**  
Developing excellence in horse and rider.

**Laura Normandeu**  
Trainer

8526 East Tanque Verde Road, Tucson, AZ 85749

(520) 907-1927  
[Laura@LandLdressage.org](mailto:Laura@LandLdressage.org)  
<http://www.LandLdressage.org>



High Mountain Dressage  
Reithunternicht  
und Ausbildung



Ulrike ('Gina')  
Rehberg-Sparks  
928.533.3693  
[www.HighMountainDressage.com](http://www.HighMountainDressage.com)

ARIZONA DRESSAGE ASSOCIATION

PO Box 31602

Phoenix, AZ 85046-1602



# GREENWAY SADDLERY

9380 E. Bahia Dr. #A-103, Scottsdale AZ 85260  
PH (480) 502-9776 [www.greenwaysaddlery.com](http://www.greenwaysaddlery.com)  
OPEN 10AM - 6PM; CLOSED SUNDAY



## SHOW SEASON IS HERE!

The new 2017 styles in riding apparel and tack are arriving daily! Achieve that "Winning" look no matter what your budget is. We have it all from affordable to the top of the line.



Clearance pricing on remaining 2016 styles:  
Breeches, Show Jackets, Show Shirts and Boots.



**Horse Blanket and Sheets**

From Big D, Horseware,  
and Horze  
Priced from \$69.95-\$219.95



**Fall Sportswear**

Fleece, Vests, Jackets from  
Ariat, Kerrits, GoodeRider  
and Horze



**Riding Pants**

Breeches, Tights, and Bootcut  
Priced from \$29.95-\$279.95



**Tall Show Boots and  
Paddock Boots**

Priced from \$119.95-\$1295.00