

# Virginia Dressage Association Charlottesville Chapter



SEPTMEBER 2021  
NEWSLETTER

## *In the News*



### **GREAT AMERICAN IG/USDF REGION 1 DRESSAGE CHAMPIONSHIPS AND VADA FALL COMPETITION 14-17 OCTOBER 2021 VIRGINIA HORSE CENTER, LEXINGTON, VA**

It's going to be a BIG show in October! Over 300 competitors, 7 rings, and evening classes. If you have time during the show please think about volunteering. Not planning to ride, coming down to volunteer to earn your VIP Volunteer hours. Don't want to miss all the fun and VAA teamwork. To register, go to [virginiadressage.org](http://virginiadressage.org). home page to volunteer!

## Events Happening at the GAIGs



### **COMPETITOR AND DONOR APPRECIATION PARTY**

VADA and the Virginia Horse Center Foundation are hosting a party on 15 October at the Stave Mill Pavilion from 5:00 pm to 7:00 pm to celebrate the completion of the Isabel de Szinay Complex. Cocktails and hors d'oeuvres will be served.

Check the VADA website for updates "GAIG Announcements and Updates"

Trunk or Treat  
16 Oct  
Anderson  
Concourse  
5:30 pm

Shopping,  
sipping wine,  
and treating!



Famous  
Halloween  
Doggie  
Costume Class  
16 Oct  
Anderson  
Coliseum  
6pm (est time)





#### VADA-CH 2021 Board of Directors

President: Melyni Worth  
Vice President: Nancy Lowey  
Secretary: Shaleena Arreguin  
Treasurer: Sherri Booye  
Awards Chair: Molly Armentrout  
Newsletter: Nancy Doody  
Membership: Sherri Booye

#### VADA Representatives

Bettina Longaker  
Sheri Booye  
Eleszabeth McNeel

#### Show Management

Secretary: Bettina Longaker  
Manager: Nancy Lowey  
Volunteer Chair: TBA

#### VADA-CH Sponsorship

Soliciting Coordinators

Next Chapter meeting is scheduled for 27 October  
via Zoom.

All are welcome to the Zoom Meeting!

## MESSAGE FROM THE PRESIDENT

Hi Everyone,

We are winding down the show season, which means the GAIGs is upon us. Please consider volunteering to help, this is a big show and without a massive army of volunteers to help we cannot put it on. Rachel Rice is the VADA GAIG volunteer coordinator. To sign up go to the VADA website.

Speaking of volunteers, your chapter VADA-CH, needs you! We need you to run for the Board, the Board organizes and puts on the activities of the club, so if you have ideas or want something run, this is a good way to get it done. This issue will election form for the Board and the officers in it. Please vote! If you want to be on the board, put your name down as a write-in, and get folks to vote for you.

We are still working on the dressage camp for next year, the organizer for the committee is Nancy Doody, contact Nancy and sign up for the committee.

Hope you are enjoying the cooler fall weather, it's a great time to ride, have fun, and hope to see you at the shows.

Yours Truly,  
Melyni

**Curious what is going on at VADA State and events sponsored by VADA Chapters, visit [virginiadressage.org](http://virginiadressage.org) to view/download the State Board meeting report. Go to VADA Leadership page on the website and scroll down to monthly meeting report to view/download. Posted monthly on the website.**





Minutes from September Meeting

Attendees: Shaleena A. Nancy D. Meylni W. Sandy W. Joanne C.

Treasury Report

- Current Balance \$24,203.91
- No outstanding bills.

Membership

- 70 members (final count for the year)

Horse Camp

- Still looking into the Sweet Briar point of contact
- Cost of \$800 per day to rent the Bent Tree Banr and the Northern Arena at VHC. VHC . Ideal location (location, food, and lodging). Leaning toward VHC, awaiting availability. Once location and dates are firm, search for clinicians.

GAIGS

- Competitor and Donor Recognition Party, Friday, 15 Oct
- Doggie Halloween Costume Class and Trunk to Treat events on Saturday, 16 Oct
- Breakfast Golf Cart each show day, 6:30-8:30

Scholarship

- We had three members apply for the two \$500 scholarships this year. The two winners are Sherri Booye and Joann Collins. Certificates will made and sent out to winners.

VADA-CH Board Elections

- The ballot of officers is going out before 10 October and due 30days after 30 days after it is sent out.
- Joanne Collins will receive individual ballots.

Next Chapter meeting is scheduled  
for 27 October via Zoom.  
All are welcome to the Zoom  
Meeting!

2021 Membership  
Welcome New Members!

Melyni Worth	Sarah Olson
Nancy Lowey	Nancy Olson
Sherri Booye	P. Bent Pusey
Nancy Doody	Becca Pizmoht
Bettina Longaker	Madeline Piplico
Shaleena Arreguin	April Rivers
Michelle Anderson	Michelle Ruff
Carter Bass	Leia Ratrie
Carol Bauer	Catherine Sutton
Gardner Bloemers	Ann Sutherland
Halley Bell	Kim Schmidt
Gretchen Carr	Hannah Schmidt
Anne Chapin	Rebecca Schurink
Joanne Collins	Jerry Schurink
Angela Doolan	Erin Sweeney
Karen DeRosario	Shayna Simon
Jeremey Fox	Darla Topley
Erin Fitzwater	Francesca Toms
Barbara Goshorn	Jeri Tate
Mary Goings	Melissa Wimmer
Kathleen Gruss	George Williams
Suzanne Gahan	Roberta Williams
Bruno Greber	Sandy Worley
Barbara Greber	Peta Wyllie
Roxanne Hagan	Nicky Vogel
Ellen Hudgins	Laura Berne
Jillian Kirkpatrick	Elizabeth Stutts
Rene O'Leary	Penny Hawes
Lisa Macchi	Karen Rice
Donna Martin	Lori Aylor
Eleszabeth McNeel	Ann Hellman
Gabriella Escobar	Catherine Kern
Sara Kern	Celia Refalko
Carla Scarmazzi	Sandy Toby
Kar Scepka	Melissa Wimmer



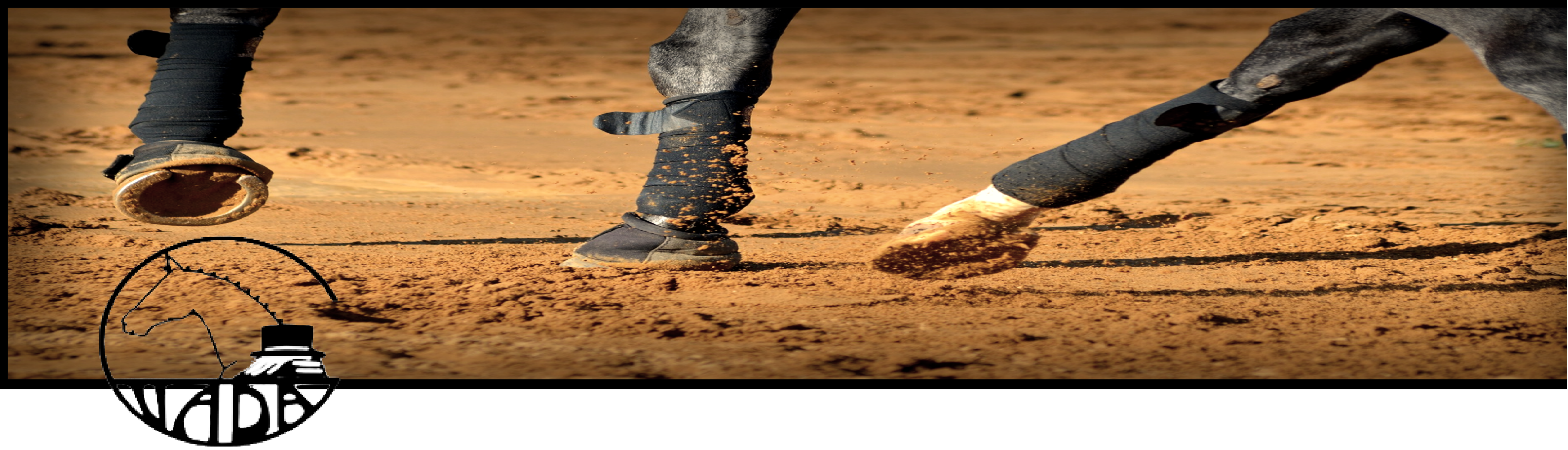


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BOUTIQUE BOARDING & TRAINING FACILITY  
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Gardy Bloemers: (434) 981-1017





## Steam It or Soak It?

Horses with respiratory allergies (hay cough), and those with Insulin Resistance (IR), are usually better if their hay is fed treated in a way to reduce mold and sugars. For many years the only treatment available was soaking.

When you soak hay you put the ration into a hay net and submerge the hay and net for an hour in the water, preferably hot water, though it does not stay hot very long. Then you pull the soaked hay out of the muck tub/trough you were using and hang it up to drain off the excess water. This takes some degree of upper body strength and does sometimes result in a mess. The leftover water needs to be disposed of safely. It's not only the sugars that come out of the hay a lot of minerals leach out as well and the water is pretty nasty afterward. The wet hay is then fed to the horse. Some eat it well, some not so much. The process of soaking does reduce the sugars in the hay. How much? Well, that varies, depending on the hay used. But it also reduces the mold spores which makes it less irritating to the lungs and respiratory systems. It can be a pain to have to soak the hay, especially in colder weather.

The alternative is to steam it. Why hay is steamed, it is put into a box that can be closed, and hot steam is introduced via a hose or pipe. The hot steam raises the temperature of the hay up to 212 degrees F, which is enough to kill most mold spores, and bacteria. It also reduces the non-fiber carbs (NFC), by as much as 3%. This might not sound like much but could turn a 12% NFC hay into a <10% NFSC hay thus making it safe to feed. The mold spores have swelled up with the damp heat and stick to the hay, they don't fly up and get breathed in by the horse. The hay has been cooked slightly which in some cases makes it a little more palatable.

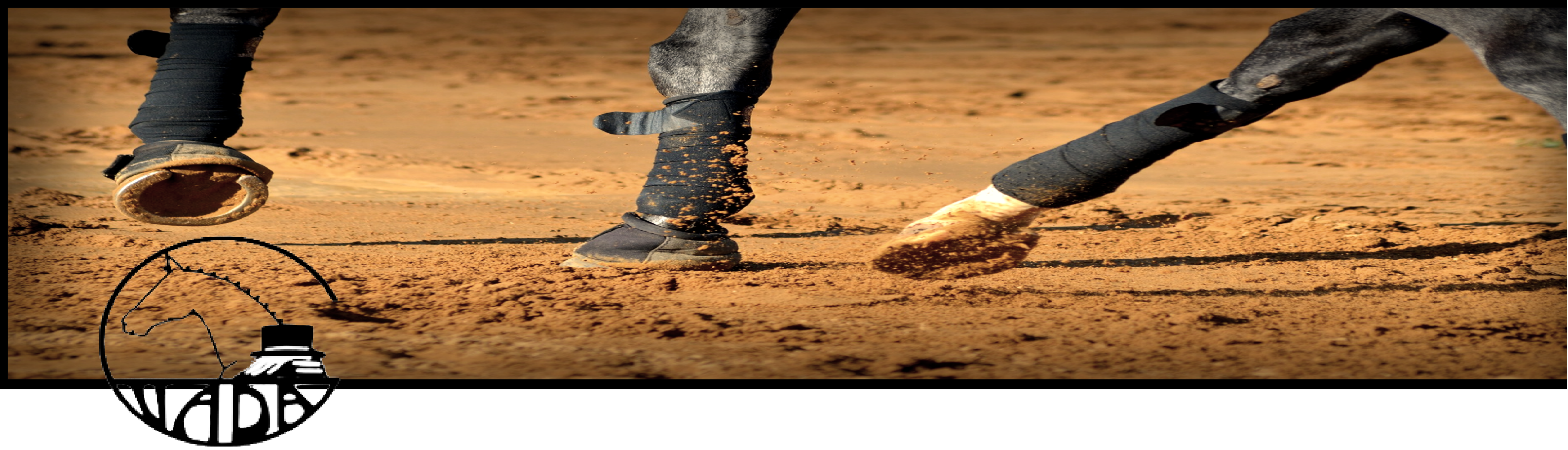
So which is better? Nutritionally speaking the steamed is better, only the NFC gets reduced, there is no loss of minerals, and protein levels are not affected.

There is also a lot less water waster to deal with. Plus you don't have to lift out a heavy wet hay net and hang it, plus there is no dripping water coming from the hay net.

Steamers can work in all weather including in cold winter weather. There is a very little run-off of water from steamed hay, though there is a little, (you really can't do it in the tack room). Steamed hay keeps longer than soaked hay so if you are going to a show you can hang a net of steamed hay in the trailer and the horse can still have his special hay.







The downsides:

Cost: Soaking only requires a muck tub or trough, water a hay net, a much lower cost of entry.

Steaming requires a suitable box, a steamer, and a power source (electrical outlet), a much high cost of entry.

SO which is better for you will depend on your circumstances. Are you in a barn where you have an electrical outlet handy, is there somewhere to dispose of the excess water? (can be an issue in icy weather). DO you have something strong enough to hang the wet hay net to allow the excess water to drain out?

Even at the cost of the steamer, it's less expensive than using drugs to control the allergies, plus you can't show in USEF shows on most steroids (anti-allergy drugs are usually some kind of corticosteroid).

For sure IR and COPD horses benefit from treating the hay, which method of treatment depends on your individual circumstances.

Written by: Melyni Worth, President of Foxden Equine

If you have any questions about the content of this article, email Melyni Worth.



Cleaning out your tack room and have items you would like to sell? Forward you're classified with pictures to be published in the newsletter. Classifies can be forwarded to [ndooddy15@gmail.com](mailto:ndooddy15@gmail.com) by the 2nd week of the month.







# VADA-Charlottesville Chapter 2022 Board Elections

It's that time for the 2022 VADA-Charlottesville Board member elections. Individual Chapter Member ballots are due by 10 November 2021. Ballots may be either email or mailed to: Joann Collins, jcollins0645@gmail.com or 4172 Range Road, Mechanicsville, VA 23111. Email ballots will be printed and retained as a hard copy ballot.

Interested in serving on the board or like to nominate a Chapter Member, simply write in the name on the ballot. Note: The 2022 Election Ballot is attached to your email forwarding out the newsletter.

## 2022 Election Ballot

President

- \_\_\_ President: Melyni Worth
- President: Write In \_\_\_\_\_

Vice President:

- \_\_\_ Vice President: Nancy Lowey
- \_\_\_ Vice President: Write In \_\_\_\_\_

Treasurer:

- \_\_\_ Treasurer: Sherri Booye
- \_\_\_ Treasurer: Write In \_\_\_\_\_

Secretary:

- \_\_\_ Secretary: Shaleena Arreguin
- \_\_\_ Secretary: Write In \_\_\_\_\_

Awards:

- \_\_\_ Awards: Molly Armentrout
- \_\_\_ Awards: Shaleena Arreguin
- \_\_\_ Awards: Write In \_\_\_\_\_

Newsletter:

- \_\_\_ Newsletter: Nancy Doody
- \_\_\_ Newsletter: Write In \_\_\_\_\_

State Board Representatives:

- \_\_\_ State Board Representative: Bettina Longaker
- \_\_\_ State Board Representative: Eleszabeth McNeel
- \_\_\_ State Board Representative: Sherri Booye
- \_\_\_ State Board Representative: Nancy Lowey
- \_\_\_ State Board Representative: Write In \_\_\_\_\_







## The Problem with Soy...

Some horses show aggressive, agitated behavior when fed high legume diets (Soy or alfalfa). These horses do better if their diets consist of grass, hay, a cereal grain such as oats, and added mineral/vitamin supplements.

Why do some horses react this way to legumes? There are two possible reasons:

A) Most legumes (soy, alfalfa, lespedeza, clover) have a high level of phytoestrogens in them. These compounds make horses act as though they are "In Heat", e.g., exhibiting behavior such as is usually experienced during the heat cycle. This effect is particularly seen the legume is eaten in a green unprocessed form, such as grazing clover, lespedeza, or eating alfalfa hay.



Cooking or other heat treatments tends to reduce these estrogenic compounds. Soy is always fed after being processed in some form, so it is unlikely that these estrogenic compounds are the source of the problem with soy.

B) All legumes are high in protein (relative to grass), but this protein lacks some of the essential amino acids, thus a lot of the protein in the legume cannot be utilized by the body and must be disposed of. The unusable protein has to be disposed of since there is disposed of the store of protein. Disposal of protein is done in the liver, where the nitrogen sidearm is removed, and converted to urea. The urea circulates in the bloodstream until it gets to the kidneys, where it is converted into urine and released. One way to know if there is too much legume protein in the diet that cannot be used is if the horse is producing a lot of strong-smelling urine. However, there is another problem, before the kidneys can collect all the urea in the bloodstream it tends to increase and circulates around the body, including the brain. In calves and other ruminants it has been shown that high circulating urea makes the animal act "angry", and they get aggressive. Now, this has not been shown definitively in the horse as no one has measured blood urea in these aggressively acting horses, but then very little research has been done in the horse on urea levels at all.

Why is happening? There is a recent trend in the horse feed industry to move away from carbohydrates in the equine diet. Cereal grains (which are high in carbs) are being replaced with soybean meal (a byproduct of soy oil extraction) since soybean meal is inexpensive, palatable, and low in carbs. Some modern feeds contain as much as 20% SBM but feeding that much SBM to a horse is pushing the upper limit of how much it can tolerate.

What to do? If your horse shows tense, tight, aggressive, touchy irritated behavior, the first thing to do is to reduce the amount of feed fed. If possible switch to a form of feed that is lower in SBM. Rolled or whole oats, sugar beet pulp, rice bran, grass pellets are all options of feeds without SBM. Also, stop feeding alfalfa if any is being fed. See if the horse's aggressive behavior disappears. If their behavior improves, then you should put the horse on a low soy diet. You don't need to cut it out entirely. Some SBM is useful but don't give more than the body can cope with. If you need help formulating a balanced diet with low soy, consult a nutritionist.

Written by Melyni Worth, President of Foxden Equine

If you have any questions regarding the content of this article, email Melyni Worth.







## 2021 LICENSED, SCHOOLING SHOWS AND CLINICS CALENDAR OF EVENTS

### OCTOBER 2021

- 28-3 Dressage at Devon [www.dressageatdevon.org](http://www.dressageatdevon.org)
- 14-17 Great American Insurance Group/Region I Dressage Championships/VADA Fall Competition
- 17 Oakdale Equestrian CT and Dressage Schooling Show  
[www.vaeventing.com](http://www.vaeventing.com)
- 18 Mitchell Dressage at Southern Heritage Farm  
[www.mitchellds.com](http://www.mitchellds.com)
- 23-25 CBLMS and Open Show

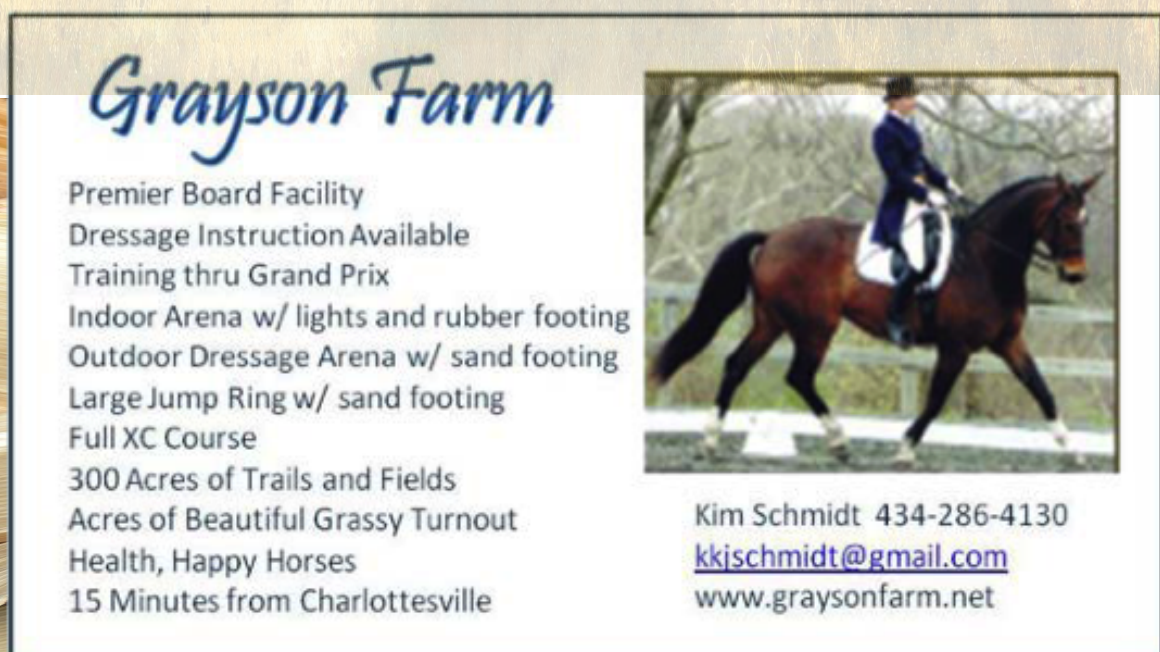
### NOVEMBER 2021

- 14 Gray Horse CT and Dressage Schooling Show  
[www.vaeventing.com](http://www.vaeventing.com)

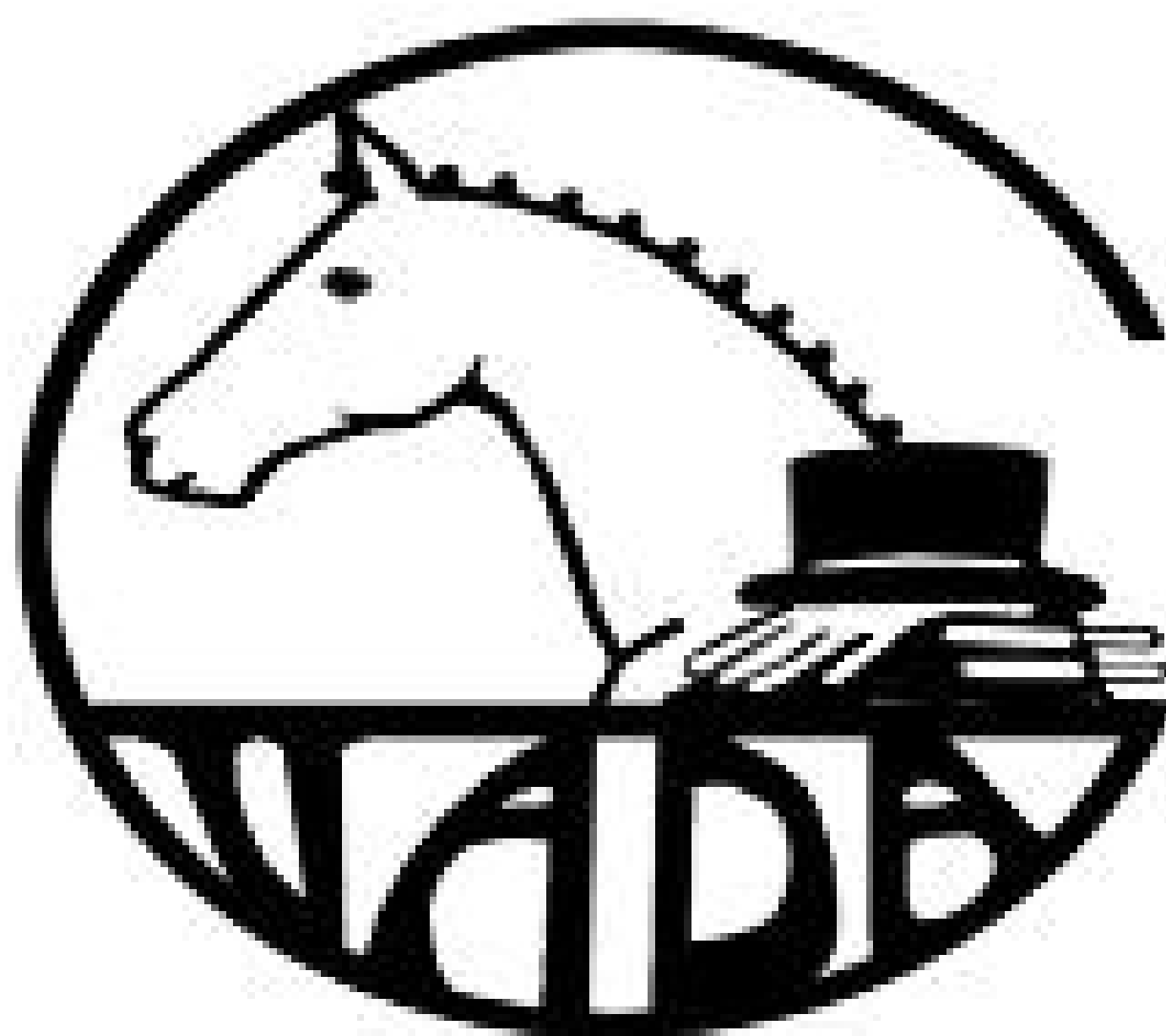


### Region 1 News and Updates

Visit the website to stay up-to-date  
[usdfreg1.org/wp/](http://usdfreg1.org/wp/)







VADA- Charlottesville

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