

ANNOUNCING
THE MESSAGE

Virginia Dressage Association Charlottesville Chapter



**AUGUST 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

Opening: Date: 15 August

Closing Date: 20 September

Not planning to ride, think about coming down to volunteer to earn your VIP Volunteer hours. To learn more, visit viriniadressage.org.



SAVE THE DATE!

YEAR-END AWARDS BANQUET

GREENCROFT CLUB CHARLOTTESVILLE, VA

6 FEBRUARY 2022

As part of VADA's mission, VADA recognizes offers an awards program to recognize the achievements of Chapter members in the sport and volunteering. The deadline to submit Award Applications is 1 December 2021. To learn more, visit viriniadressage.org.



US DRESSAGE FINALS

11-14 NOVEMBER 2021, LEXINGTON, KY

The 2021 US Dressage Finals, to be held November 11-14, 2021 in Lexington, KY at the Kentucky Horse Park, is a national, head-to-head competition that showcases competitors in adult amateur and open divisions, at Training Level through Grand Prix. And new for 2021, the US Dressage Finals will also feature the junior/young rider division. Check your scores on the USDF website. Don't wait to the last minute to make sure you have all your qualifying scores for this year's Regionals.

Visit usdf.org/usdressagefinals/ to sign up for updates.

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: Penny Hawes

VADA-CH Sponsorship

Soliciting Coordinators

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Next Meeting 20 September 2021 at 7:00 p.m.

Tip Top Restaurant

Charlottesville, VA

MESSAGE FROM THE PRESIDENT

Hi Everyone,

Hope you are all well and enjoying the summer. Our show season is winding down, with only a few shows left till the big one, the Region 1 Champs sponsored by GAIG in October. This will be at the Virginia Horse Center, if you are not planning to ride, please plan to come and help as a volunteer.

We had a great Chapter Grant clinic ably organized by Sherri Booye, and graciously hosted by Renee O'Leary at her gorgeous Old Raptor Farm.

Jim Koford was our clinician and an excellent instructor. Everyone seemed to make progress and enjoy themselves. Many thanks to Jim, Sherrie, and Renee.

Chapter Challenge was a great show at the Meadow Event Park in Doswell. Fun by all. Thank you, Tina and Sandy Toby. We went with 2 young horses and a good time was had by all.

Plans are going ahead with our Dressage Camp for next year. If you want to be involved contact Nancy Doody and get on the working committee.

We are getting to that time of year when we have to elect the board's chapter officers. If you are willing and would like to get involved with running the Chapter, this is your chance to join in and put your name forward for the position. Elections will be in October, so you have a little time to think about it. VADA Charlottesville is only as good as its members who step up and help us be the Chapter you want!

Curious what is going on at VADA State and events sponsored by VADA Chapters, visit 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 23 August Meeting

Attendees: Shaleena A. Nancy D. Nancy L. Meylni W. Sandy W. Tina L

Treasure Report

- Current Balance: \$24,072.28
- We only lost \$30 on the Chapter Grant Clinic

Membership

- 70 members

Clinic

- Our Chapter Grant Clinic with Jim was a success.
- We had 11 rides on Saturday and 10 on Sunday.
- The facility was beautiful, and all went on just as it should.

Horse Camp - Equestrian Performance: Rider/Horse

- The trip to Penmarryl was not as hoped. The facility was not up to par with what we are looking for to host our Camp.
- Tina is going to investigate the cost and availability of renting on barn (Bent Tree) and one ring (Northern) at the horse center.
- We know the horse center would check all our boxes for the camp, food, logging, etc. It will come down to cost. We may need to have a weekday date for this to work out.
- Tina is also going to investigate Sweet Brair as a possibility.
- As a fallback plan we can use Cedar Creek. We would have to wait till the students that are boarding there take their horses home for summer.

Awards

- Shaleena is going to shadow Molly this year on awards so that we have another person that can assist.
- Tia is going to contact Katherine about the trophies.
- We need to brainstorm about locations for our awards. We had about 12 attend last time.
- We are going to publish in the October newsletter the award's requirements.

Other

- The Chapter Challenge was a success and had a good turnout.
- We have only had three applicants for the scholarship and they are due.
- Baord elections coming up and those who are interested in becoming a board candidate, contact Melyni.
- We are going to attempt to keep our meetings in person for now but will keep an eye on the covid numbers and CDC recommenations.

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

Next meeting 9/20
at 7pm at
Tip Top.
All are welcome!



STAVE MILL FARM
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stavemillfarm.com

TRAINING
George Williams: (937) 603-9134

BOARDING | Short- and Long-term
Gardy Bloemers: (434) 981-1017

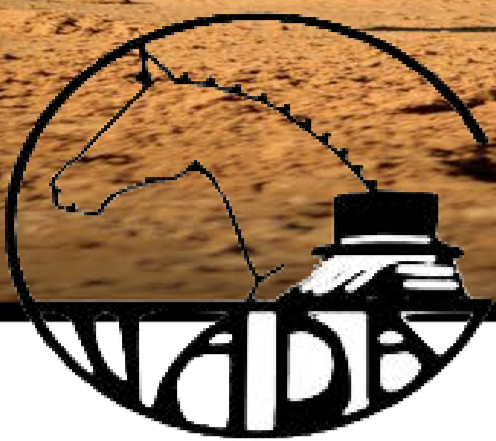


GREBER
DRESSAGE

Bruno & Barbara Greber
bbgreber@aol.com

5173 Sugar Ridge Road
Crozet, VA 22932

434 823 2237 farm
434 960 2515 cell



Building a Top Line

Horsemen covet and admire strong muscular, well-developed top lines in horses, and for a good reason. They are a sign of a correct managed and fed horse, one who carries himself in self-carriage and in balance.

Some horses are born of a breed or breeds with a genetic tendency to have a big, well developed neck crest. The male hormone, testosterone, also encourages the development of a big cresty neck. There is also the tendency for horses to carry excess fat along the backbone and around the trailhead, which can mislead folk into thinking that they have well-developed muscles along the back. There is a difference in appearance between the blobby fat and hard strong muscles. It is the development of the back muscles behind the withers all the way to the trailhead that matters.

How do you encourage the correct development of the muscles of the back and topline?

Along with exercise, comes correct nutrition, not the kind of overfeeding that produces the blobby fat and hard cresty neck, but correct feeding in conjunction with exercise, which produces hard rippling muscles. A horse's top-line development is very similar to the "sixpack" that human athletes admire and work so hard to get.

The nutrition is the same as for any muscle building. It requires enough energy in the form of fat or carbs for the work, plus enough high-quality protein to provide the essential amino-acids that are needed for building and expanding muscle fibers.

Protein quality, (as opposed to quantity), is not about how much protein is in terms of percent or weight, but about whether or not that protein contains the essential amino-acids, how many, and how much of them.

What is an essential amino-acid?

Proteins consist of a chain of amino-acids strung along in a line, the chains twists and folds and gives the protein its characteristic shape and activity. The sequence of the amino-acids along the chain of the protein, is like the sequence of words in a sentence, the exact word (amino-acid) must be in the correct place in the sentence (chain) or it loses its meaning (function).

When the muscle cell is growing new protein chains as it builds, the exact amino-acid it needs must be available from the pool, or the entire process stops until the correct amino-acid is found. Thus, you can have lots of protein in the diet, but if the protein is low quality (small amounts of essential amino-acids) then it cannot be used for muscle building as the amino-acids needed are not there.





Building a Top Line (continued)

There are 22 amino-acids in all, most of them the body has in good supply either from the feedstuff, or some that can make (synthesized) in the body, but there are eight, that cannot be synthesized and which are often short, these 8 are the essential amino-acids and are the ones that must be supplied in sufficient quantity in the diet to allow for muscle building.

The eight essential amino-acids are:

Methionine *Cysteine), Lysine, Threonine, Valine, Leucine, Isoleucine, Tryptophan, Phenylalanine.

Histidine is the ninth amino-acid in human nutrition but is generally not considered essential in equines as they have some ability to synthesize it. However, under conditions of stress (such as muscle building) a supply of Histidine can be helpful.

Of these Lysine is usually the most limiting, followed closely by Methionine (Cysteine), these two are a bit confusing as Cysteine can be made from Methionine in the body if there is sufficient Methionine to apply both demands, thus we often only consider methionine levels and assure that sufficient cysteine will be made if we supply the methionine. Methionine is very important for hoof and hair growth as well as muscle. The others are pretty similar in requirement and supply.

Many plant proteins tend to have low levels of the essential amino-acids, so if you are building up muscles or trying to, you really have two options, supply the amino-acids in the pure form as a powder, OR use an animal protein source. Animal proteins are usually higher in essential amino-acid content but can be a problem for horses who are primarily vegetarians. For horses, the two best sources are whey protein (derived from cheese making), and egg white powder. The egg white powder has some palatability problems, but most horses will eat the powder well and they will also happily eat the pure amino-acid powders.

It is not necessary to feed them in large quantities, if you are giving our amino-acids then you can as little as 20g (1 tablespoonful) a day of a mixed AA power. If you are using protein feeding 60g (2-3 tablespoons) a day will be sufficient. For horses, it is best to avoid the animal proteins such as blood meal or any kind of meat products.

Feeding large amounts of plant-based proteins such as soybean meal, or alfalfa is not as effective as feeding a small amount of whey or amino-acid powder. Thought the supplement needs to be in addition to the basic ration of the horse.

One side effect that should be mentioned is that high-quality protein tends to make the animal feel well and energetic, feeding too much to certain horses may lead to misbehavior and certainly will lead to increased energy and stamina.

Melyni Worth, PhD





CHAPTER GRANT CLINIC WITH JIM KOFORD... A FABULOUS CLINIC FOR ALL

VADA Charlottesville hosted the Chapter Grant Clinic with Jim Koford on 7-8 August 2021 at Old Raptor Farm, Louisa, Virginia. The clinic was exceptional for riders, volunteers, and auditors. We would like to thank Sherri Booye for organizing the clinic, Renee O'Leary for hosting the clinic at Old Raptor Farm, and Chapter volunteers.

Riders:

Shaleena Arreguin
Renee O'Leary
Melyni Worth
Gabriell Escobar
Darla Topley

Sherri Booye
Kim Schmidt
Sandy Toby
Ame Hellman
Laura Berne





Cleaning Out Your Tack Room ,.....

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 ndoody15@gmail.com by the 2nd week of the month.


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Is it Cushings or Insulin Resistance?

There are two metabolic conditions that horses get, which can look very similar, and horse owners can get confused. It's important to know which one it is you are seeing since they are handled a bit differently.

Cushings is a disease where the horse has an overproduction of Adreno=Cortico=Stimulating hormone (ACTH) in the body. ACTH causes an overproduction of the nature steroid cortisol. The cortisol causes metabolic and other changes. Cushings is primarily a disease of aging horses, it is usually found in older horses, starting in the teenage years. As it is a disease of aging, there is no real cure, it can, however, be managed and horses with Cushings can live and be comfortable for many years if the condition is managed correctly.

Insulin Resistance, (IR) is where the muscle cells do not respond to the hormone insulin, thus a horse with Cushings can show the symptoms of IR, what is referred to as a secondary IR.

The cause of IR in non Cushinoid horses is still unknown, it is generally thought to be caused by repeated overloads of glucose from too much starch and sugar in the diet, which taxes the system. Horses in the wild, rarely go to eat much starch or sugar, and they are more sensitive to glucose overloads. However, horses can develop IR even when young and in hard work. So be alert to the symptoms.

The symptoms are similar but not identical.

An IR horse, will:

Develop abnormal fat pads on the crest of the neck, over the shoulders, and around the tail head. The neck pads are usually hard to the touch, not the soft tissue of normal fat, but hard and lumpy. An inverted glucose/insulin ratio, (you find this out by a blood test), with the insulin higher than it should be for normal glucose.

They will have rings around the horn of the hoof and may show signs of foot soreness. It's important to react once the neck gets cresty, since if left untreated the horse may go on to develop laminitis and subsequently founder. There have been a number of show horses lost to IR. Laminitis can develop fast, and it is horrible to lose your horse to founder.





Is it Cushings or Insulin Resistance?

A Cushing horse:

- Usually has excess hair coat, this can be as subtle as just not losing the winter coat as quickly, but can be as obvious as long harsh hairs in the coat even in the summertime.
- They will tend to lose the muscles of the back and hindquarters.
- They will develop a pendulous belly and may have fluid pockets on the midline of the belly.
- They will be slow to heal minor cuts and bruises and will be prone to minor infections.
- They can also develop the secondary IR and can also get laminitis and founder.

Cushings is diagnosed by the above symptoms, along with a high level of ACTH in the blood.

So if your horse has developed a hard cresty neck, has fat pads around the tail head, start checking for signs of laminitis (rings around the hoof, digital pulse, foot soreness), and take action. Don't wait for them to actually get, laminitis or worse founder.

What you should do, get them onto a low sugar/starch diet, which means no cereal grains, no sweet feed, hay only, and if they are on grass, reduce their grazing, either by less turnout or smaller paddock with as little grass as possible, use of a muzzle, etc. Feed supplemental magnesium, and a good quality mineral supplement.

If your horse has trouble losing his winter coat, has lost back muscle, is developing a belly, ask your vet to check the ACTH level. Cushings horses will benefit from the same diet as IR horses but also need a good quality protein supplement (protein or proprietary mix of amino-acids) and might need to have the drug Pergolide prescribed. Pergolide is sold under the name Prascend. There are a number of herbs that can help as well, cinnamon, chaste tree berry, jiagoluan, along with extra magnesium and other minerals. If you want to try the herbal route, consult a nutritionist or your vet for amounts.

Melyni Worth, PhD





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Connect with VADA CH Members

Share your summer adventures
and pictures in the Chapter
Newsletter!



2021 LICENSED, SCHOOLING SHOWS AND CLINICS CALENDAR OF EVENTS

Schooling Shows participating in the USDF program will be denoted
with an asterisk*

SEPTEMBER 2021

- 4-5 NCDCTA Labor of Love I and II www.ncdcta.org
- 4-5 Cool Down Dressage www.carolinadressage.com
- 5 Oakdale HT, CT and Dressage Schooling www.carolinadressage.com
- 4-5 NCDCTA Labor of Love I and II Dressage Licensed Show
www.carolinadressage.com
- 11 VADA-FR Licensed Dressage Show I, Rose Mount Farm www.vadf.net
- 12 VADA-FR Licensed Dressage Show II, Rose Mount Farm www.vadf.net
- 19 Hillbrook Farm CT and Dressage Schooling Show
www.vaeventing.com
- 25 VHT Started Trials and Dressage Schooling Show
www.vhthorsetrials.com

OCTOBER 2021

- 28-3 Dressage at Devon 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
- 18 Mitchell Dressage at Southern Heritage Farm www.mitchellds.com
- 23-25 CBLMS and Open Show

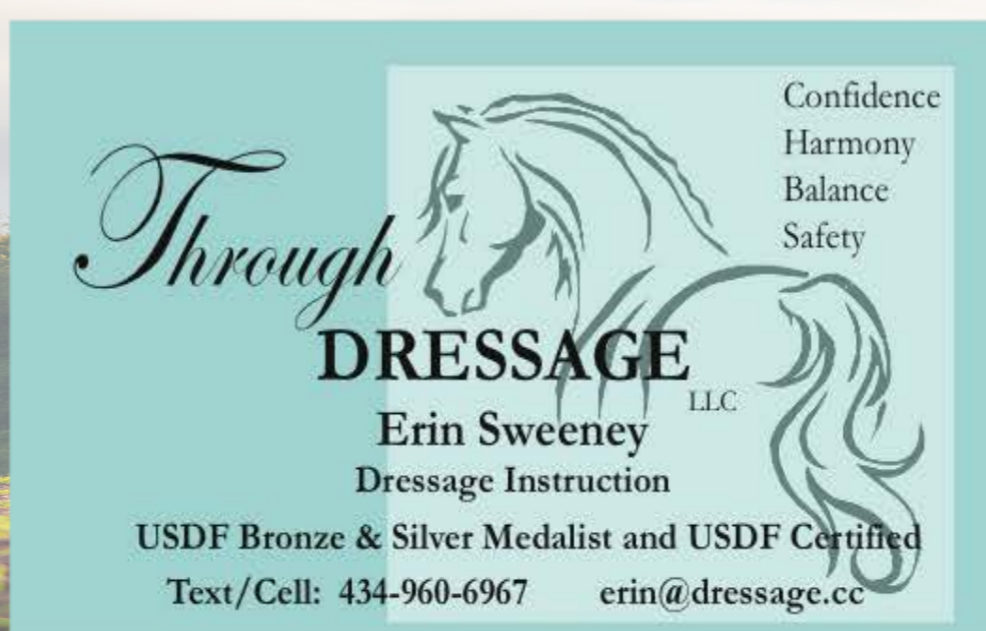
NOVEMBER 2021

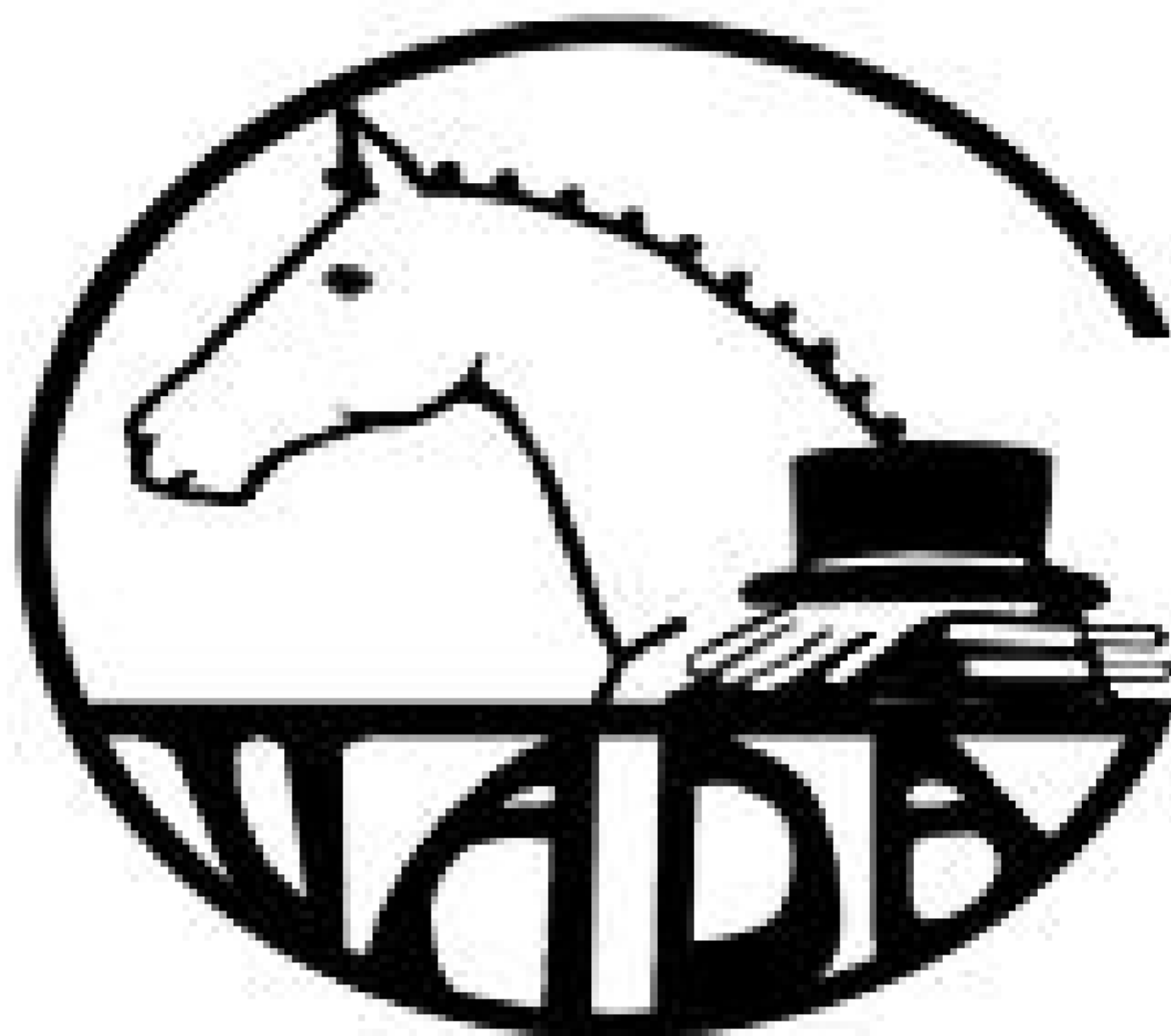
- 14 Gray Horse CT and Dressage Schooling Show
www.vaeventing.com



Region 1 News and Updates

Visit the website to stay up-to-date
usdfreg1.org/wp/





VADA- Charlottesville

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