



**MDA NEWSLINE**  
**MARYLAND DRESSAGE ASSOCIATION, INC**

President's Posting  
May 2009

#### Team Competitions

MDA is looking for adult teams to go to the USDF Adult Team Competition on Aug. 1-2, 2009 at the Commonwealth Park in Culpepper, Virginia. The official website is [www.BGLongaker.com/2009ATeam.htm](http://www.BGLongaker.com/2009ATeam.htm). MDA will grant \$50.00 per Adult Team Rider who competes at the team championships this year. To qualify for the \$50.00 grant, you must earn one work credit from July of 2008 to June of 2009 and you must compete in the team show. If you have to scratch you will not qualify for the grant. To join a team or to get more info, please contact Jackie Caldwell at [jrpaff@msn.com](mailto:jrpaff@msn.com) or 443-802-1765.

MDA's Young Riders are forming teams for the Youth Team Championships on July 18-19, 2009 at Morven Park in Leesburg, VA. The Young Riders will be holding a Raffle to raise money at many of MDA's spring shows. The lucky ticket will be drawn June 21st at 2:00 PM at Dressage at Heavenly Waters. The Young Riders are also hosting the June 7th show at Olney Farms and will receive half of the proceeds from this show. Information on the championship can be found at [www.vadanova.org/show/calendar/index.html#jul](http://www.vadanova.org/show/calendar/index.html#jul). To join a team, contact Erica Degele at [jumping2success@hotmail.com](mailto:jumping2success@hotmail.com).

Dressage at Heavenly Waters needs a whole bevy of volunteers to make it happen. If you volunteer you get to hang around with others afflicted with dressage obsession syndrome. Lauren Comish ([showmda@yahoo.com](mailto:showmda@yahoo.com)) will be coordinating volunteers for Friday night and Saturday, Jean Bosley ([Jean.Bosley@phh.com](mailto:Jean.Bosley@phh.com)) will be the volunteer coordinator for Sunday.

Ring crew-On Friday night we set up the rings, and late Sunday afternoon we take 'em down.

Clean up-Lots of bodies makes speedy work. Each year we were done and gone in 30 minutes.

Scribes--This job needs prior experience as a scribe. That experience can come from a schooling show.

Scoring- This is a sitting job in a cool area, we can train you for this job in 30 minutes.

Gate people-Open/close the gate and use the walkie-talkies; help the announcer keep the show moving on time.

Ring steward-Helps keep the show running smoothly and works with the TD who will give you instructions. It is not a hard job and the TD takes the pressure if something is wrong.

Bit & whip check- The TD will give instructions before the show. Checks whips for proper length and checks that bits are legal. It's easier than it sounds-The TD is always called if there's an infraction and will take the pressure.

Heavenly water- You get to make riders feel welcome and relieved with a cup of cool water as they exit the ring.

Runner-Getting those test scores were they need to be. Hey-walking and running back and forth does make for a great calorie burning opportunity!

Awards person-Inside, cool job setting up the rider's tests and awards and keeping track of high-score awards.

Stable manager - This job is not like home, no mucking, watering, raking or labor! We will train you for this job.

The Caitlin Ben-Dror Memorial Scholarship Fund Dressage Show is being held on June 6th. There is also one \$3000.00 memorial scholarship and two \$500.00 scholarships available to Young Riders. See pages 5, 6 and 7 for much more information.

Thank you, and happy, productive rides to one and all! Jill Blackburn



# CLUB NEWS



## CALENDER

### JUNE

6-CAITLIN BEN-DROR MEMORIAL SCHOLARSHIP FUND DRESSAGE SHOW Prize List, Scholarship applications and entry form are available in this Newsletter or at [www.marylanddressage.org](http://www.marylanddressage.org)

**MDA Show Opening Dates** and **volunteer** contact info. Please refer to your 2009 MDA Omnibus for more information. MDA's Omnibus is mailed when you send in your membership.

### **Volunteers are needed for the following shows.**

Olney Farms May 16th (*NOTE: We Are holding TWO shows at Olney this year!!*) Organizer- Ann Lyons  
[thelyonsfarm@hotmail.com](mailto:thelyonsfarm@hotmail.com)

Ships Quarters May 23) – Organizer [amm024@mcdaniel.edu](mailto:amm024@mcdaniel.edu)

### Opening Dates

Olney's June show is now Open-Organizer Erica Degele [jumping2success@hotmail.com](mailto:jumping2success@hotmail.com) (show date June 7)

Dressage at Heavenly Waters is now Open Prize list and entry form is available at <http://www.marylanddressage.org/MDA/licensedshows.asp>

Dressage Tests. <http://www.dressage.net.au/natestdia.html#traintests> Thumbs up on this site. Each test shows diagrams of every movement and offers the test written for callers.

**MDA is a Dressage show organization and our Liability Insurance *does not* cover jumping; therefore, jumping at all MDA events is prohibited." This is a *new rule* made effective April 14th, 2009 by MDA's Board of officers.**

**NOTIFICATION of SHOW CANCELATIONS DUE TO WEATHER**--I will post the status of the show on MDA's web site [www.marylanddressage.org](http://www.marylanddressage.org) on the night before the show. If for some reason (lack of electricity) that plan fails, you may call me, Jill at 410-836-3559 and listen to the message.

**OMNIBUS CORRECTION**— **The class numbers are not numbered correctly starting with 2 Level. Yes, we know how to number items, Word did this when our backs were turned.**

**Address Correction:** Jackie Caldwell 8038 Lansdale Rd., Baltimore, MD 21224 Jackie is the entry secretary for both Petticoat Advance and Liberty View Shows.

If you plan to join MDA in order to gain membership into USDF and show at USDF Licensed shows, please understand that it takes at least six weeks for your membership to process through USDF. In other words, join MDA now so that you can gain entry into our USDF shows.

**NEWSLINE** *We are looking for your creativity! This year we awarded \$10.00 gift certificate to Dover tack.* Members are welcome to submit articles to be published in MDA's Newsline. Electronic submission is preferred. MDA offers writing awards in numerous categories. All submissions for the Newsline and or MDA's web site will automatically be judged for awards. You can learn more about MDA's writing awards by referring to your MDA Omnibus. Please send submissions to [philjill@juno.com](mailto:philjill@juno.com) or by mailing to the address on the back of the NEWSLINE. The NEWSLINE reserves the right to reject or edit material.



*"This organization is a USDF Group Member Organization and its members are automatically USDF Group Members"*

## CONVERSATIONS WITH A VETERINARIAN

By Dr. Carol Bossone DVM

### Pain recognition and the “best medicine”

Can you recognize when you think your horse is in pain? Of course, we can quickly tell that a lame horse obviously feels some sort of pain, or that a colicky horse feels pain, but do you know the subtle signs of various types of pain and some of the physiology and mechanisms of pain?

First, a little physiology. Pain is a protective mechanism for the body and occurs when tissue is damaged. Pain is also a sensation that, as we know, differs in how it is perceived or tolerated in each of us. We all are aware that some of us seem to have greater (or lesser) pain tolerance. Since animals cannot communicate their perception of pain we have to assume that they also feel pain, and most likely have different pain tolerances too. Pain (in humans) is often described as fast or slow pain. Fast pain is generally described as “sharp”, “acute” “pricking” or “stinging”. Slow pain is the “dull”, “aching”, “chronic” descriptions. Pain can be induced by mechanical (pressure), thermal (heat/cold), or chemical. Chemical pain stimuli are induced after tissue damage when neurotransmitters (as part of the healing/repair process) such as histamine, acetylcholine, bradykinin, or lactic acid are released. Now you know why it hurts so much after a hard fast workout. Your working muscles (or your horse’s) produce lactic acid as a byproduct that triggers pain receptors.

Pain receptors are free nerve endings that relay nociceptive information (pain signals) to the central nervous system through either and often both fast (A or alpha fibers) or slow (C fibers) pain pathways. The nervous system is far more adapt to localizing fast pain than slow pain, and generally this is the pathway taken for mechanical and thermal pain (a sudden broken bone, sprain, burn). In contrast, the slow chronic pain is poorly localized and as we know in our own experience can be challenging to identify the exact location. This is one reason why veterinarians often must use several diagnostic tools (radiographs, nerve blocks etc) to pinpoint exact locations on chronically lame horses. Just as there are pain centers/pathways, there are also analgesia pathways and just like the pain pathways there are natural chemicals that the body uses to suppress pain. The brain’s “opiate” center. “Morphine”-like neurotransmitters include the enkephalins and beta-endorphin (the “runners high”).

Many animals show pain in different ways. In horses, we are all familiar with lameness as one indicator of leg pain and of course the colicky horse kicks at and glances at its side. Other clues we are familiar with include off feed, reluctance to work, snappy or reclusive behavior, pawing, tachycardia (fast heart rate). Still other clues that may or may not be evident include papillary dilation, lack of activity, weight loss, or change in interaction to others (herd mates or us). Unfortunately, many animals “mask” pain (including horses) to different degrees as part of their instinct to “appear” normal to avoid capture and so, the lack of physical evidence of pain may not be a good indicator of your horse’s pain. You know your horse’s normal behavior best and if in doubt, contact your veterinarian to assess and prescribe analgesia/medication as needed.

So what is the best medicine for pain (besides a comprehensive treatment)? For your horse, be astute to early signs. Pain is best managed immediately for quick relief. And don’t forget laughter (for us humans). Enjoy the following but remember if you see this call your vet immediately.

One morning the farmer went out at sunrise to feed the horses. He fed all of his horses except one. As he was walking to his mare’s stall to feed her, he discovered she wasn’t there. So he told his wife and they looked for her all day and finally at sunset the farmer opened the door to the barn and found his mare with her head in a half empty bag of sweet feed. The farmer yelled to his wife, “FOUND’ER!”

Reprinted from Joanna MacDonald et al (1974)

“The Amazing New Dressage Test” (For horses unsuitable to become anything)

- A Enter at ordinary serpentine.
- X Sprawl. Salute.
- C Stop dead. Stare in horror at judge and shy to the left. Continue at ordinary working gallop.
- E Stagger left 20 or 15 or 22 meters in diameter or pear shape or 5 pointed star. Avoid excessive crossing of legs.
- K Begin to halt.
- Z Keep trying.
- F You can do it.
- B Pulley rein. Give up. Continue at out of hand gallop.
- H Regain right stirrup. Continue at ordinary trot, bouncing.
- MKT Change rein. Free walk on loose reins. Remove horse from judge’s luncheon table. Ask judge for leg up. Jump back into ring.
- Z Turn down center line. Halt. Scratch. Burst into tears. Leave ring at free walk on long reins, loose language.

### PREPARING FOR SHOW SEASON!!

As show season is quickly approaching, now is an excellent time to get your checklists ready. Below you will find both the "Basic One Day Show Supplies" and an expanded list that includes items for Recognized Competition and Overnight Stabling. If you follow

#### HORSE

Saddle  
Saddle Pads – 1 per class  
Girth  
Bridle  
Whip(<47.2")  
Spare Halter & Lead  
Exercise Wraps/Boots  
Shipping Wraps/Boots  
Blankets/Sheets Appropriate for Season  
Lunging Supplies

#### RIDER

Helmet  
Hair Nets/Bow  
Jacket  
Stock  
Shirt  
Breeches  
Belt  
Tall Socks  
Extra Socks  
Tall Show Boots  
Spurs  
Gloves  
Extra Pair of Shoes  
Change of Clothes  
Rain Gear

proaching, now is an excellent time to get your checklists both the "Basic One Day Show Supplies" and an expanded list that includes items for Recognized Competition and Overnight Stabling. If you follow

#### TRAILER

First Aid Kit – Horse/People  
Muck Bucket/Fork/Broom  
Water & Water Bucket  
Hose  
Wash Supplies -  
Bucket, Liniment, Sweat  
Scraper, etc.  
Braiding Supplies  
Grooming Supplies  
Baby Powder/Cornstarch  
Bedding for Trailer  
Mirror  
Paperwork – Memberships,  
Coggins, Flu/Rhino Proof,  
Etc.

Cooler w/Drinks & Snacks  
Treats for your horse  
Chairs  
Trash Can  
Pen and Paper

#### ADDITIONAL SUPPLIES

##### IF STABLING:

Fan & Mounting Accessories  
Stall Guard  
Water and Feed Buckets  
Feed, Supplements, Bran  
Mash  
Hardware for Mounting  
Buckets  
Bedding  
Disinfectant for Stall

### RESULTS PETTICOATS ADVANCE SCHOOLING SHOW May 2, 2009

#### Intro A Open

1 Shelley Caplan Fifer 72.50%  
2 Sybil Hebb Smartie 64.50%

#### Intro A Novice

2 Charles Young Wellesley 56%

#### Intro B Open

1 Shelley Caplan Fifer 75.50%  
2 Sybil Hebb Smartie 65.50%

#### Intro B Novice

Charles Young Wellesley 62.50%

#### Training Test 1

1 J M Littleton Verona 70%  
2 Lauren Comish Odin 64.78%

#### Training Test 2

1 Lauren Comish Odin 67.50%  
2 Susan Brooks GG Test 2 62.14%

#### Training Test 3

1 J M Littleton Verona 71.20%  
2 Adrian Griner Nick at Night 66.40%  
3 Mary Sue McCarthy Finnegan'sWake 66% Qualified  
4 Denise Nader Zurick 60.80%  
5 Jennifer Allen Aces Jack 57.60%

#### Training Test 3 YR

2 Anne Matthews Fidlin Star 57.20%

#### Training Test 4

1 Adrian Griner Nick at Night 64.80%  
2 Mary Sue McCarthy Finnegan'sWake 63.60%  
3 Denise Nader Zurick 62.40%  
4 Tracy Fraser Denali 61.20%  
5 Jennifer Allen Aces Jack 57.60%

#### Training Test 4 YR

1 Anne Matthews Fidlin Star 60%  
First level Test 1  
1 Tracy Fraser Denali 60.67%  
First Level Test 3 YR  
3 Alix Day Bionic Gun  
First Level Test 3  
1 Susan Peterson Rianna 60.86%  
2 Scott Nickel Personal Boy 59.71%  
3 Holly Van Sant Riviera 57.17%  
First Level Test 4 YR  
3 Alix Day Bionic Gun  
First Level Test 4  
1 Susan Peterson Rianna 62.895  
2 Scott Nickel Personal Boy 60.293  
3 Shelley Caplan Chase me 58.95%  
4 Holly Van Sant Riviera 53.158  
Second level Test 1 YR  
2 Sarah Brooks Royal Drama Queen 59.475  
Second level Test 1  
1 Shelley Caplan Chase me 59.211  
Second level Test 2 YR  
1 Sarah Brooks Royal Drama Queen 60.541  
High score Senior Rider  
J M Littleton 71.2%  
High score Junior Rider  
Sarah Brooks 60.541%



### Caitlin Ben-Dror Memorial Scholarship Application

You are applying for one of two \$500 dressage scholarships awarded by the Caitlin Ben-Dror Scholarship Fund. Funds are to be used for lessons, shows or clinic expenses. To be eligible for this scholarship, riders must meet these requirements:

- live in PA, MD or NJ
- be between the ages of 12 and 21
- ride dressage as their primary discipline
- own their own horse or be in a full lease
- ride between training and 4<sup>th</sup> level
- plan on showing in at least one recognized show in the year the scholarship is awarded
- must ride at the CBDMSF show at Whispering Spring Farm (first Saturday in June)

Return your application by 5-10-09 to:

Whispering Spring Farm  
19403 Dutton Rd.  
Stewartstown, PA 17363

Applicant's Name: \_\_\_\_\_ Age \_\_\_\_\_

Applicant's Address: \_\_\_\_\_

Horse's Name \_\_\_\_\_ Age \_\_\_\_\_ Breed \_\_\_\_\_

**Please answer the following:**

Level you will compete at during the scholarship year: \_\_\_\_\_

Top 3 scores from previous year and the show you earned them at:

Clinics you have ridden at in the last 2 years: \_\_\_\_\_

Frequency of lessons: \_\_\_\_\_

What shows or clinics have you volunteered at in the last 3 years:

On a separate piece of paper, typewritten please, write 1 or 2 paragraphs in response to ONE of these 3 questions.

1. How can dressage prepare you for life?
2. How would you use the scholarship money to improve your riding?
3. What are the 3 strengths and 3 weaknesses of your dressage riding today?

Award winners will be announced at the show on 6-6-09. Finalists will need to be mounted for the special lunch time presentation at the Caitlin Ben-Dror Memorial Show on 6-6-09, as the two local scholarships will be awarded at Cait's show.

## Caitlin Ben-Dror Memorial Scholarship Application

You are applying for a \$3000 dressage scholarship awarded by the Caitlin Ben-Dror Scholarship Fund to young riders that show at fourth level and above. Funds are to be used for lessons, shows or clinic expenses. To be eligible for this scholarship, riders must meet these requirements:

- be between the ages of 12 and 21
- ride dressage as their primary discipline
- own their own horse or be in a full lease
- compete in national/international competitions

Applicant's Name: \_\_\_\_\_ Age \_\_\_\_\_

Applicant's Address: \_\_\_\_\_

Horse's Name \_\_\_\_\_ Age \_\_\_\_\_ Breed \_\_\_\_\_

**Please answer the following: (use a separate piece of paper if necessary)**

Top 3 scores from previous year and the show you earned them at:

Clinics you have ridden at in the last 2 years: \_\_\_\_\_

Frequency of lessons: \_\_\_\_\_

What shows or clinics have you volunteered at in the last 3 years:

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On a separate piece of paper, typewritten please, write 1 or 2 paragraphs in response to ONE of these 3 questions.

1. You have just won the Prix St. George young rider class at Regional's, the press wants to interview you for Dressage Today. What will you say?
2. Where do you see yourself in 5 or 10 years?
3. If you could give a 10 year old rider some advice on how to get where you are in your horse career, what would it be?

Please provide a video of you riding at the level at which you currently compete. Send the video and all paperwork to:

Return your application by 5-10-09 to:

Whispering Spring Farm  
19403 Dutton Rd.  
Stewartstown, PA 17363

This scholarship is awarded by the Caitlin Ben-Dror Scholarship Fund committee with advice and guidance from USDF. The winners will receive their awards no later than the summer of the scholarship year. Winners will need to prepare a short note explaining what the scholarship means to them that will be read during a special lunch time presentation at the Caitlin Ben-Dror Memorial Scholarship Show held at her home farm in PA.

MDA Executive Board Meeting March 10, 2009

In attendance: Jill Blackburn, Lauren Comish, Scott Nickel, Jackie Caldwell, Susan Peterson, Julie Broyles, Sue Van Norman, Linda Elliott, Ann Lyons, Carol Foreman

February meeting minutes- Read by Jackie Caldwell

Y.R. Report- Not given

Membership Report- Currently about 107 members.

Treasurer's Report- \$13,484.38 current.

MDA brochure- Jill edited brochure and will give to Debra English

MDA limited membership- Could go into effect for 2010.

Budget- Proposed expenses \$36,093.00 Proposed Income 36,876.00

Motion made by Linda Elliott to approve budget. Motion seconded by Carol Foreman.

New MD Dept of AG Law- Passed 2 weeks ago. Will not inspect horse shows this year. Self declaration form needs to be filled out. Jill will talk to Allison Head about this concerning recognized show. Item now obsolete.

Work Credits- Will be posted on the web site. Issue concerning nonmembers who earn work credits to be tabled until next meeting. Motion made by Lauren Comish to table issue.. Motion seconded by Susan Peterson.

Motion made by Susan Peterson to close meeting. Seconded by Julie Broyles.

DVD "If Horses Could Speak" shown.

### *Core Facts About The Dressage Foundation*

Think of us as your "Dressage Bank"— a place where you can make deposits (Donations) and withdrawals (Scholarships/Grants). Ours is a unique organization, helping the sport of Dressage with a growing array of Grants, Scholarships, Funds, Programs and Projects. A few important, highlight facts about us are these:

- **Our Mission is:** "To cultivate and provide financial support for the advancement of Dressage."
  - **Established in 1989** by founder Lowell Boomer (97 years of age in 2008), who is also the founding organizer of the United States Dressage Federation (USDF) in 1973.
  - " **Our business, simply stated, is:** we raise money, manage it, and give it away.
  - " **We are a stand-alone Foundation.** We are not part of USDF. We provide funding to USDF, its GMOs and members, as well as giving support to other Dressage/equestrian organizations, projects and programs. We are neither enmeshed in the organizational structure, nor entangled in the politics of any other equestrian organization.
  - **Stewardship is "Job One" at The Dressage Foundation.** Donor Funds are established by Board Resolution, which spells out the Funds' purpose, policies and procedures. This puts on file a stewardship governance road map, to guide future Management/Boards in carrying out precisely and perpetually the Donor's designated intent.
  - " **We are a non-profit tax-exempt corporation** [IRS Code Sec. 501(c)(3)]. All Donations are tax-deductible to the extent allowed by law.
  - " **We have no dues-paying members.** Our only sources of revenue are charitable contributions and earnings on our Funds and investment reserves. Donors are all-important to the Foundation; we can only give away what Donors give to us, to make all of our good works possible.
  - " **Donations come to us in all sizes – small, medium, large, extra large – each gift is so important.**
- Please join us in our work. Contribute to one of our present Funds, or consider establishing a Fund to help turn Dressage Dreams into Action. Those we help will be so grateful to you.

*Submitted by the* THE DRESSAGE FOUNDATION

Wells Fargo Center, Suite 732 | 1248 'O' Street | Lincoln, NE 68508 [www.dressagefoundation.org](http://www.dressagefoundation.org)

### **Maryland Dressage Association Show Schedule for 2009**

Saturday May 16, 2009: (Open) Olney Farm Schooling Show Joppa, MD

Sunday, May 23 , 2009: (Open) Ships Quarters Schooling Show, Westminster, MD.

Sunday, June 7, 2009: (Open) Olney Farm Schooling Show Joppa, MD

Saturday & Sunday, June 20-21, 2009 Heavenly Waters Equestrian Center, Bel Air, MD. USEF/USDF Licensed Sh.



Maryland Dressage Association 2009 Membership Form

Please print clearly

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIPCODE \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_ To receive up to date info!

( ) Check if changes have occurred ( ) Check if new member

Horse/Rider combination/s that may be shown this year under this membership:

\_\_\_\_\_

Individual MEMBERSHIP, please check off

\_\_\_\_ Senior \$35.00 \_\_\_\_\_ Lifetime \$375.00

\_\_\_\_ Junior \$30.00 ( Include Birthdate \_\_\_\_\_ ) \_\_\_\_\_ Supporting Member \$17.00\*\*

*Supporting Members do not receive USDF Magazine*

\_\_\_\_ Family \$35.00 for Primary and \$17 for each additional person.

Primary Family Member please fill out information at top.

List additional family members under 21 years of age and under. Rider Supporter.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*\*Supporting members are supporting members only, and for insurance purposes need to upgrade their membership if they want to ride at clinics and shows.

Membership Fee includes dues for Group Membership in the United States Dressage Federation. If you are already a member, request your refund directly from the USDF.

Note: It is the members responsibility to notify Carol Forman of any changes to address, Phone number and e-mail. Please notify Jill Blackburn of any changes to Email address. Email is the best way to stay informed.

Please make checks payable to MDA, INC. and mail to: Carol Foreman 6712 Lewis Road Baldwin, Md. 21013

- 1. Membership year for MDA runs from January 1 to December 31.
2. USDF Group membership year runs from December 1 to November 30 of each year.
3. In order to compensate MDA members who renew their membership after October 1st, membership received after this date will be considered renewed for the 2009 Maryland Dressage Association year. When you join MDA you will become a Group Member of the USDF. Please plan a head and allow 6 to 8 weeks for your membership application to process from MDA to USDF. Also be aware that USDF will not let GMO's send them new memberships rosters after Sept 1 and before Nov 30th.

WORK CREDIT/VOLUNTEER INFORMATION

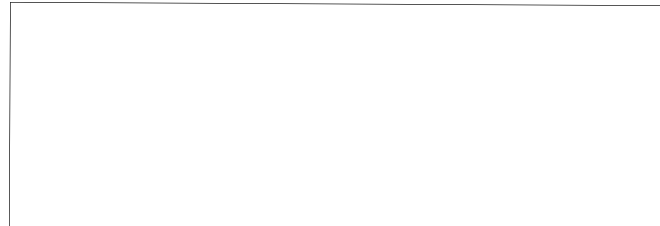
I would like to assist the MDA with the following jobs or skills:

- ( ) Show Organizer ( ) Hospitality at shows ( ) Typing
( ) Scheduling Shows ( ) Set Up Show Grounds ( ) Scoring At Shows
( ) Gate Keeper At Shows ( ) Scribe for Judge ( ) Public Relations ( ) Photography

This organization is a USDF Group Member Organization and its members are automatically USDF Group Members.



c/o Jill Blackburn  
1814 Poole Road  
Darlington, MD 21034



**We have you in site!**  
**[www.marylanddressage.org](http://www.marylanddressage.org)**