



Dedicated to Promoting the Equestrian Sport of Dressage in USDF Region 8

# The Central Vermont Dressage Association

www.cvda.org

## The Half Halt

The Newsletter of the Central Vermont Dressage Association

Fall 2022

### Renew your CVDA Membership Now

The CVDA membership year runs from November 1 to October 31 each year. You may renew your membership online at [Central Vermont Dressage Association, Inc - Join us \(cvda.org\)](http://www.cvda.org). You may also choose to send a check; contact information and membership levels are on our online membership form.

Your CVDA membership includes a Group Membership in the United States Dressage Federation. (USDF). As a USDF Group Member you have many USDF benefits including:

- Compete in USEF/USDF sanctioned shows and be eligible to earn USDF Rider Awards such as the Bronze, Silver, and Gold medals
- Receive the USDF Connection magazine
- Earn USDF University credits
- Receive member discount rates for USDF events
- USDF Group Membership (December 1st - November 30th)

Thank you!

### Congratulations CVDA Year End Award Winners

CVDA members are eligible for our Year End Awards, which are presented at our annual banquet in late October. Riders must have competed in at least two CVDA Schooling Shows, and scores must be earned at two different shows, within the same division, by the horse and rider combination. The Year End Award is presented to the rider with the highest average score based on their top two rides.

**Intro Senior:** Jamie Satenstein and Pilot

**Training Junior:** Emily Flanders and Foster Rw

**Training Senior:** Leslie Rogers and  
Meadowbrook Holy Knight

**First Senior:** Leslie Rogers and Baby

**Open 2nd & up:** Jill Dumont and Skikkilds  
Rosita

**Western Dressage:** Stacey Woods and  
Meadowbrooks Holy Knight

**Eventing:** Lisa Morrison Entre les Etoiles

## CVDA Summer and Fall Development Day Show Highlights

Like much of the rest of the summer's weather, our July Development Day and Show were hot, a huge change from the very cool May show! The heat didn't deter our Development Day riders/learners (we unfortunately had a waiting list for this one) or our show riders. Again, our amazing volunteers made it all happen, with Show Secretary Shannon Hemingway and Manager Amy Bresky leading the way.

Shannon, Amy and our volunteers teamed up again in September and welcomed a full slate for Development Day and our fall show. We had a perfect fall weekend, wrapping up just before the rain came Sunday night.

Many thanks to our volunteers and to our sponsors: **Equine Massage Therapy with Rachel Clemente, Cheshire Horse, Strafford Saddlery and Trafalgar Square Books.**



*Joyce Martin, riding Derawnda Ricardo, completed her Century Ride at the July CVDA Schooling Show. (Photo courtesy of Renee Casavant, Creek Dreams Photography)*



*Peter Martin, riding Summon, completed his Century Ride at the September CVDA Schooling Show. (Photo courtesy of Renee Casavant, Creek Dreams Photography)*

### **CVDA Summer and Fall Show High Point Winners**

High point winners received one of the following prizes: gift cards from the Cheshire Horse and Strafford Saddlery and certificates for equine massage therapy from Rachel Clemente.

#### **CVDA Summer Schooling Show, July 24, 2022**

- **Intro Jr.** - Makenna Amadon & Sookie 74.250%
- **Intro Sr.** - Jamie Satenstein & Pilot 73.125%
- **Training Jr.** - Emily Flanders & Foster RW 72.069%
- **Training Sr.** - Polly Schmid & Chester 68.654%
- **1st Level Sr.** - Bekki Read & Josephine 72.714%
- **2nd & Above** - Jerica Vallie & Sterling Silver 68.571%
- **Eventing** - Lisa Morrison & Entre les Etoiles 67.875%
- **Western Dressage** - Stacey Woods & Meadowbrooks Holy Knight 71.346%

#### **CVDA Fall Schooling Show, September 18, 2022**

- **Intro Jr.** - Makenna Amadon & Sookie 72.750%
- **Intro Sr.** - Sharon Gallagher & Drybrook Dreamers Melody 72.813%

- **Training Jr.** - Emily Flanders & Foster RW 69.655%
- **Training Sr.** - Leslie Rogers & Meadowbrooks Holy Knight 68.846%
- **1st Level Jr.** - Alyx West & Maya 63.429%
- **1st Level Sr.** - Shannon Wallman-Hatch & Green Mountain Forest 70.172%
- **2nd & Above** - Jennifer Jones & Babou 65.541%
- **Eventing** - Jen Ellms & Pia Nye Liv 70.000%
- **Western Dressage** - Stacey Woods & Meadowbrooks Holy Knight 73.077%

## CVDA Recognized Show High Score Awards

One of the perks of being a CVDA member is the chance to win a CVDA Member High Score Ribbon at Vermont's recognized dressage shows. We congratulate the winners at GMHA's 2022 dressage shows!

### GMHA June Dressage Show

**Training Level:** no riders

**First level:**

**AA,** Ashley Miller 70.00%

**Open,** Lori Barnard 73.056%

**Junior,** no riders

**Second & up:**

**AA,** Jill Goodwille 68.514%

**Open,** Michelle Lemieux 73.125%

**Junior,** Finley Peterson 68.514%

### GMHA July Dressage Days

**Training Level:**

**AA,** Elizabeth Mirra 62.414%

**Open,** Carole Ann Tullar 67.586%

**Junior,** no riders

**First level:**

**AA,** Ashley Miller 70.00%

**Open,** Carole Ann Tullar 68.448%

**Junior,** no riders

**Second & up:**

**AA,** Dinah Rojek 66.282%

**Open,** Caroline Tulumello 68.205%

**Junior,** no riders

### GMHA Fall Dressage Show

**Training Level:**

**AA,** Nancy Case 66.731%

**Open,** Kaylee Angstadt 69.655%

**Junior,** no riders

**First Level:**

**AA,** Nancy Grout 67.286%

**Open,** Polly Schmid 63.194%

**Junior,** no riders

**Second Level & up:**

**AA,** Katherine Adams 65.132%

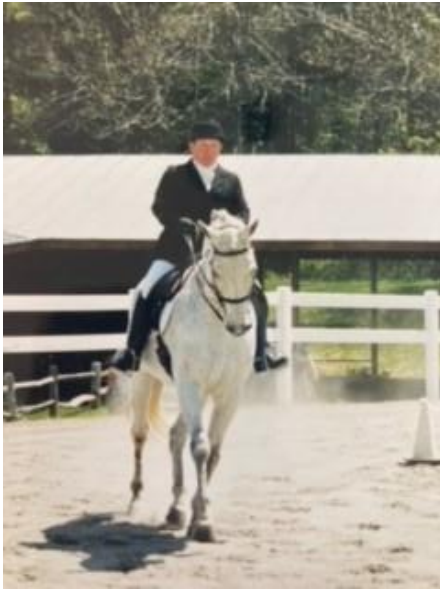
**Open,** Anne Douard Palmer 68.205%

**Junior,** Finley Peterson 68.378%



## Remembering Kathie Moulton

Former CVDA Vice-president (2007-2009), board member (2005-2007) and longtime newsletter editor Kathie Moulton passed away late last year.



Kathie joined Jeannette and Con Hogan in 1976 to found East Hill Farm in Plainfield, VT, where many learned to ride or continued their riding education. Jeannette and Con's daughter, well-known Vermont dressage professional Ruth Hogan Poulsen, was one of the lucky children who participated in the wide range of 4-H and other horse activities that Kathie led for many years. Ruth and her husband Bo now own East Hill Farm and are based there every summer, successfully continuing Kathie's legacy of dressage instruction (she was a USDF certified instructor before many others in Vermont were).

Kathie's influence on the CVDA Board continues as current Board members Katherine Roe and Terri Satterlee both rode with her and took advantage of her mentorship in all things riding – and sometimes in life! Thank you, Kathie, for your years of dedication to CVDA and the Vermont riding community. *-Katherine Roe*

*Kathie Moulton showing her beloved Zephyr.  
(Photo courtesy of Ruth Hogan Poulsen)*

## Clinic Fun!



CVDA's educational purpose includes offering a few of its own clinics each season and publicizing other clinics offered by our members. The clinics are a wonderful way to introduce a young horse to a new venue, gain outside insight into your riding and learn a lot without the pressure of showing.

### Stephen Hayes

Following Iris Eppinger's CVDA clinic in June, Stephen Hayes returned for his second CVDA clinic on August 12 and 13. The clinic was hosted by Huntington Farm in South Strafford, VT, which provided a beautiful backdrop for teaching and learning.

Stephen is based in the US but conducts clinics worldwide (over 150 clinics taught in the past 12 months alone in Australia, Malaysia, Europe, and the USA). He welcomes all levels of dressage experience, as well as eventers and jumpers who want to improve their horse's control and suppleness.

*Stephen studies Jennifer Jones working second level on Babou, a 14-year old Friesian cross.*

Huntington Farm was an excellent host with its lovely scenery, timely ring management and stabling for participants who needed it. The clinic was a huge success with every rider showing improvement by the end of each ride. All riders said they would love for CVDA to have Stephen return next year for one or two clinics. -*Suzie Kent*

## Daniel Stewart

Several CVDA members attended the Daniel Stewart Pressure Proof Clinic at Full Circle Farm Therapeutic Horsemanship in Newport, NH, this past August.

Coach Daniel Stewart provided riders and auditors with mental and physical exercises to learn how to focus and overcome fears. One of Daniel's goals is to create balanced, supple and confident riders.

Daniel spoke on sports psychology, giving insight into our human thought process when we are under pressure competing. The two-day clinic offered focusing exercises by riding creative and spontaneously designed dressage tests, which prompted us to use our memories under pressure and taught us to focus even with distractions. In addition, we worked on team skills to create comradery amongst the participants by having team dressage competitions, where two riders ride a test together in the same arena. This was challenging and fun with plenty of humor for all!

My main reason for attending the clinic was to find ways to overcome my anxieties in the show ring. I tend to be a pretty confident rider until I enter the show ring, then everything falls apart. Daniel discussed the Fish Bowl Effect, the eight causes of performance anxiety and the five tools to eliminate show jitters. I have six of the eight common anxiety fears. Once you realize that you are not alone and others have similar fears, it is not so bad. Realizing what the fears are and how to fix them is a positive path to overcoming the fears. A few key points that I took away from Daniel's clinic were:

- Pressure makes you rush and you make mistakes when you rush, so I am slowing down.
- Focus on only a few things. Your brain can only handle so many tasks at one time. (I had to Google this and the answer was one to four tasks at a time that the brain can handle.)
- Allow yourself to make mistakes. This is my favorite take away from the clinic. It is okay to make a mistake.



I thoroughly enjoyed the clinic, being with friends and making new friends. The facility at Full Circle Farm was lovely. I am looking forward to more clinics with Daniel Stewart. -*Laurie Hall*

*Daniel Stewart's positive energy and sports psychology knowledge at work at his Full Circle Farm clinic in August.*

## Fall is Here – Thinking of Heading South?

Many Vermonters head south for the winter to avoid the cold. Some are able to do so with their horses, so CVDA checked in with a few of our members to get their advice and insights about their time in warmer climes. Thank you to Weezie, Amy and Dinah for contributing their articles. We promise not to show up uninvited on your doorstep in February! -*Katherine Roe*

### Florida

When my husband announced that he really wanted to head south nine years ago where it was beach warm in winter, I wasn't enthusiastic as I love Vermont, my community, and winter sports and didn't mind schooling indoors in winter either. I was a bit reluctant and do admit that each year I get a bit homesick when first arriving because Florida culture is definitely NOT Vermont's! But when we agreed that wherever we lived had to be a horse-oriented community and I would be taking Tango back and forth with me, it was a win-win for both of us. We settled in a small condo in Jupiter, inexpensive, easy to care for and about 10 minutes from a great "dog" beach and 15 minutes from Jupiter Farms. The Farms is really just a residential area but with many stables and boarding possibilities and good trail riding in Riverbend Park. I'm 25 minutes from Wellington so have access to fabulous competitions and clinics with international riders, and boarding costs are a bit less expensive than in Wellington (but those are soaring in recent years with board now \$1000 - \$2000 at most places and much more at some).

The best part, beside the great weather, is the learning opportunities. I take lessons with trainer Jami Kment from Nebraska, who I've boarded with every year, who comes down with her family and clients and horses to work with team coaches. I've watched her weekly lessons with Sabine Schut-Kery, Steffen Peters, and Debbie McDonald, and audited the great Robert Dover clinics and FEI Trainers Conference. Top international trainers attempting to qualify for the Olympics or World Cups all compete at Global so I have opportunities to watch and learn from some of the best. I feel I learn more in four months than years in Vermont because of the distance here involved in accessing lessons, definitely a plus.



*Weezie and Tango showing in the sun.*

Are there down sides? Yes. I trailer Tango down myself, stopping to visit with family on each trip. Interstate 95 is a bear with unpredictable traffic jams, but fortunately my mare has become a super traveler and we rarely drive more than 9 hours without a layover. Expenses are climbing. Hay is \$26 a bale – last year! And I do miss my Vermont friends and different volunteer "jobs" here in Vermont. But Florida has been a good fit for me and I'm not sure Tango would enjoy my windy barn and winter blankets anymore! -*Weezie Duda*

### North Carolina

I first started going south in the winter (aka snowy) months 20 years ago, back when I lived in Massachusetts. My winter home is in Southern Pines, North Carolina, where I am lucky enough to have a farm. We do have winter there but it is much milder and snow is unusual in any quantity. I have lived here in W. Windsor, Vermont for 10 summers now (4-5 months) and it is a dream come true.

Southern Pines has a fun diversity of disciplines: eventing, dressage, fox hunting, driving and pleasure trail riding. The crown jewel of the area is the Walthour Moss Foundation land, which is 4,000 acres with maintained trails that is dedicated to riders. There are also options to hack between farms on what I call “the Architectural Digest tours.” The Carolina Horse Park is nearby as a competition venue, and is somewhat reminiscent of GMHA but more competition-focused with no trail system.

The natural soil is very sandy and not rocky, and substantially flatter which makes mud so much less of an issue, so one can turn out and ride easily year-round and almost immediately after rain. I find I hack out as much as working in a ring. As an area that is also strongly horse-focused, there is a great community of people who, like here, will drop everything to come help catch a loose horse or discuss manure options *ad nauseum*. That said, there is development all around that has changed a number of the open space options over the years.

Moving back and forth twice a year has taught me to be the master of lists and labeling. The “Have-Need” list is always being refined and updated and is a lifesaver when it is time to pack up. People joke about how many things I have labeled as to where they go but it helps this ageing brain remember where stuff is in each place. There are inevitably the, “oh, that’s in the other place” moments but I’ve learned to improvise with what I have at each spot.

My horses have always traveled commercially, as I seem to fill my truck and trailer with the items I still take back and forth (mostly horse things) and my five dogs and five cats. It’s an extremely long one day drive and I have saintly, assorted friends (including wonderful fellow CVDA Board member and neighbor, Laurie Hall) who have kindly driven with me over the years to make it possible. Stopping overnight with that many animals is not an option, as you can imagine.

One of the treats of living in these two places is that I get two springs and two falls. Each place is quite different, as is the topography, flora and fauna. The contrast between the tall, large needled Longleaf pines of the Sandhills of North Carolina and all the deciduous trees here on the hills and mountains of Vermont is always rejuvenating, whichever way I’m going. I hope to be able to make the trek back and forth for as long as possible. -Amy Bresky

## Georgia (and Florida)

My husband and I are both “horsey” and we leave Vermont each fall for Georgia for one and one-half reasons. The biggie is there is no ice in South Georgia where we live or in Ocala, Florida, where we do much of our showing. The half-reason is that it is easier to manage a herd of horses without frozen hoses, buckets and other winter joys. It is only half a positive reason, because there are other challenges, like an enormous variety of skin, eye, insect, snake and foot issues in the mold-laden South. Books are written about any one of these challenges to equine survival.

It may sound like we are not enthralled with the South, and that is accurate.

For those who wish to try Florida, I do have some tips and lots of personal opinions. First is that Ocala is currently the Disneyworld for equestrians, with its shiny World Equestrian Center, thousands of stalls and turnouts, and maybe as many “Home Away” and “Cabins” (under \$200 a night for a couple of bedrooms) and five-star hotels. One need not leave the grounds for restaurants, groceries, gas, an RV park and a full blown large and small animal veterinary hospital. There is something going on almost every day year-round, and not just horses. The calendar, housing and all things WEC are at



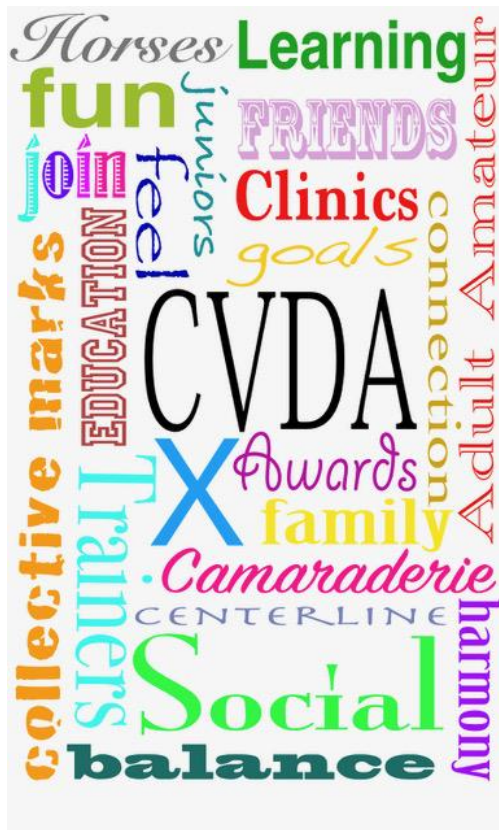
<https://worldequestriancenter.com>. Shopping may not be quite as replete as Wellington, but Ocala also is blessed with hundreds of miles of trails on the Cross Florida Greenway ( <https://www.floridastateparks.org/learn/horseback-riding-cross-florida-greenway> ), which has trailer access and even some campgrounds with full hookups and horse amenities. The Florida Horsepark offers schooling shows through the winter as well as everything from FEI level eventing to endurance to polo. <https://flhorsepark.com>

Why not Wellington? While it works for many, my personal reason after two seasons there, is that I don't want to live in a city with my horse. Turnout is minimal, stalls are ridiculously expensive, and there is an unavoidable heavy exposure to everything from EHV-1 to bizarre eye and skin lesions, often due to crowding, constant humidity and the flies. If you decide Florida is the place to be, keep in mind that its border is manned at all times so don't forget your Coggins and Health Certificate.

All this brings up three of the great things about wintering in South Georgia. First, there is lots of room. Second, it provides easy proximity to Florida shows and clinics. The vitally important third reason is when all the horses in Florida are quarantined, due some disease outbreak, we still can move back to glorious Vermont! -Dinah Rojek

## Your CVDA Board for 2023

CVDA welcomed new board members Sheila McLevedge, Leslie Rogers, Amy Plavin and Marianne Rousseau to the board in November. We are excited to have new members and will have brief introductions to them in our next issue. Your complete board is:



Shannon Hemingway, President  
Sheila McLevedge, Vice-President  
Amy Bresky, Treasurer

Laurie Hall, Newsletter Editor  
Suzie Kent, Membership Secretary  
Amy Plavin  
Katherine Roe  
Leslie Rogers  
Dinah Rojek  
Marianne Rousseau  
Terri Satterlee  
Carole Ann (Pinky) Tullar

We thank retiring board members Lori Barnard, Marin Haney and Janet Wells for their years of dedicated service to CVDA!