

CVDA June 2022 Newsletter: Events, Education and Business



Summer Development Day July 23 & Schooling Show July 24 Now Open for Registration !

CVDA Has a New WEB Site <https://www.cvda.org/>

Over the winter, CVDA President Shannon Hemingway undertook a complete revamp of our web site to accommodate simpler navigation and online entries to CVDA events. Policies and programs that used to be printed each year in the annual Omnibus are now located in the related section of our web site and can be easily updated as the year goes on. The site allows members and others to enter and pay for all CVDA events online. We hope that it is easy to use and a good “reference library” for all things CVDA.

As an all-volunteer Board, we appreciate that the new site is easier to administer, with its extensive admin menu and easy to use templates. The site is better integrated into our membership records, as it is part of a membership organization software suite that CVDA purchased from Wild Apricot. Several board members researched different web site options and recommended Wild Apricot. Reviews in a recent *USDF Connection* magazine and its use by other USDF group member organizations helped tip the Board in its favor. There are still finishing tweaks to be done to the web site but please visit at [cvda.org](https://www.cvda.org/) and send us your feedback. (Katherine Roe)

CVDA Board Business Notes



After a brief break in November, the CVDA Board began a busy winter of work to prepare for the 2022 season. Judges were hired (and their accommodations secured), clinicians, EMTs, farriers and vets contracted, insurance updated and taxes filed. Dates and terms were agreed upon with our show host, GMHA, and host farms for our summer clinics locations. Speakers were lined up and dates selected for CVDA's three winter educational webinars.

In support of more efficient show day management, the Board voted to make a donation to GMHA to help fund its extension of WiFi to the Upwey office. The Board also voted to continue to subsidize our summer clinics this year, in an effort to make them more financially accessible to all. Last year we used the very generous donations made to CVDA in memory of Jane Savoie to subsidize our clinics and felt it was important to continue this practice in 2022. Finally, the Board voted to require that all CVDA show and year end high points meet a minimum score of 60, to recognize a reasonable level of achievement.

Subcommittees of Board members were also busy over the winter working on:

Sponsorship: We have new sponsorship levels for individuals and businesses interested in supporting CVDA. They are: Grand Prix Sponsor \$500; Prix St. Georges Sponsor \$300; Fourth Level Sponsor \$150; and Training Level \$100. [Click here for more information on these opportunities.](#)

CVDA Grants: CVDA is an educational 501(C)(3) organization and part of its mission is to fund educational opportunities. The CVDA Grant Program was designed to provide the maximum educational impact by supporting applications that advance dressage for our membership and the greater dressage community. (The Grant Program is not able to support an individual person's training goals.) Some examples of successful, past grant applications are: bringing clinicians to our area who might otherwise be unaffordable, supporting those who are participating in USDF's L Judge Education Program and Instructor Certification Program. See grant announcement below.

CVDA Quarterly Newsletter: We revived the quarterly *Half-Halt* with an issue in early February; please enjoy this second installment of 2022. (Katherine Roe)

As of June 2022, CVDA has 134 members.

CVDA May 2022 Development Day & Spring Show Highlights



CVDA welcomed 88 riders (who signed up for 145 rides) to our spring development day and show on Mother's Day weekend. We added a third ring for the show and would have done so for development day if one had been available. (Development day shared the GMHA grounds with another show on Saturday so we could not access a third ring.) Many riders were appreciative of their mini-lessons with judges Bree Sprik and Rita Brown on Saturday. Most opted to ride their tests and then have a short lesson with the judge – this was a great confidence booster for the show the next day!

Though cold, there was no precipitation over the weekend. Show volunteers and judges consumed great amounts of hot coffee and tea in an effort to keep warm! Thank you to all volunteers, who cheerfully made both days go smoothly, and to our sponsors: *Equine Massage Therapy with Rachel Clemente, Cheshire Horse, Strafford Saddlery and Trafalgar Square Books.*

Finally, congratulations to our high point winners for show day! 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. (Katherine Roe)

Intro Jr. - Laney Cahoon & Brady 66.00%
Intro Sr. - Robin Gregg & Swift Diamond River 70.938%
Training Jr. - Fia Cook & BB Jaxx 66.346%
Training Sr. - Lillianna Joseph & Finale 79.483%
1st Level Jr. - Adeline Tullar & Twilights Beauty 64.138%
1st Level Sr. - Ashley Miller & Romanza BA 70.857%
Open 2nd Level & Above - Jill Dumont & Skikkilds Rosita 69.412%
Western Dressage - Dana Campbell & Gizmo 67.885%
Eventing - Lisa Morrison & Entre les Etoiles 67.778%

Photos from the May Schooling Show Taken by Creek Dreams Photography
<https://creekdreams.pixieset.com/>

Thank you Creek Dreams Photography for allowing CVDA to use your photos for our newsletter.

Iris Eppinger Highlights from the Past

June 11 & 12 Clinic

“It’s great to see that one can train up to the highest level with ease and fun and playfulness and have happy and healthy horses through that!!”

— Iris Eppinger



Iris Eppinger & Sarah DeGrasse dig deep into a training issue.

Focus on relaxation and play, and correct will follow. This was the weekend's mantra from clinician and USDF Bronze, Silver and Gold medalist Iris Eppinger. Combining her knowledge of equine biomechanics and her German training background, Iris helped riders adjust their positions and think outside of the box to bring out the best in their horses.

"Kind and knowledgeable," is how one rider described her - not at all like the stern German trainer one might imagine. Iris told several riders to be "fluffy" with their reins, and by extension, their neck and shoulders. Riders fondly called her "Auntie Iris, the sugar fairy," as she firmly believes in letting the horses know when they've been good. Sugar, carrots, horse muffins and special, low glycemic treats were all liberally dispensed. (When asked about creating pushy horses with the treats, Iris said they will get pushy only if you let them, just like in any other area of training.)

Here are some key takeaways from Iris's lessons, lunchtime talk and brief horse bodywork session:

- Don't drill or hold movements for too long. This leads to tension, which leads to inflammation, which leads to bony changes in our horses. Iris discussed a recent exhibition she saw that displayed three horse skeletons. One came from a horse that couldn't canter left, one couldn't do changes and one reared. She found the changes in their bones telling.**
- Do exercises (lateral and bending) with a long neck to let your horse loosen up. If you are struggling with an exercise, do it in a lower gear or in a stretchy frame.**
- Keep your upper body straight but give your hips to the horse. Let your toes be at a 35-45 degree angle to the horse (this angle lets women's hips be more elastic). Move your hands wider at times to encourage relaxation and keep an articulating leg.**
- In general, our goal is to shorten the horse's body and lengthen the neck. You can move the neck down, side to side, and in and out, but avoid over flexing (rollkur).**
- Use suppling to get a horse more through, not a driving seat or leg, which can hollow the back. A horse's back must be up under the saddle; if down, there is no chance to have lateral movement in its spine. Avoid false elevation of the neck and withers; it may lead to a hollow back and kissing spine.**

**Thank you, Iris, and thank you to our lovely farm host, Goose Chase Farm!
(Katherine Roe)**



I brought a horse to the clinic that I have only had for a few weeks. I've known Iris for years and I knew her gentle style would be a good match for my new guy. One particular takeaway that was helpful was in working on his tendency to jig in the walk. I had been halting and walking to try to correct it but she suggested doing lateral work such as shoulder or haunches in instead as that would activate and rebalance him without stopping the forward motion. It worked like a charm.

- Amy Bresky



I learned a lot from my rides and from watching the other great rides both days. I loved playing with changing the horse's frame often throughout the ride. Allowing the horse to stretch more often than I had in the past is a great tool for both a reward and a working 'break' to keep the horse's muscles (and brain!) supple and fresh.

- Carina Clingman

Winter Educational Web Series Was Well Attended



Equine Metabolic Syndromes - Dr. Christian Betz, DVM

On February 9, Dr. Christina Betz, DVM, spoke on two of the more common metabolic syndromes in horses.

PPID (Pituitary Pars Intermedia Dysfunction), more commonly known as Cushings Disease, has been recognized for a long time by the shaggy coats and lack of "thriftiness" some older horses develop.

EMS or Equine Metabolic Syndrome has been diagnosed more frequently in recent years. It is often a diet related problem, not unlike diabetes in humans. Pergolide is a common, and often unpalatable, medication to treat PPID. A major "take home" was that alternative compounded fillers can improve the palatability of this medication and therefore increase the likelihood of actually getting the medication into the horse. (Dinah Rojek)

An Education of the Heart - Kerri Lake

Kerri Lake's online clinic, March 9, gave our listeners insight on new ways to communicate with horses. Kerri explained how taking your time to learn and understand the horse can be beneficial in the training process. Each horse has

it's own unique personality and the training process needs to be geared to the horse's personality. In addition, she emphasizes to go at the speed of the individual horse, not our speed or agenda. What I was most interested by was Kerri's calm and relaxed approach to working with horses. After Kerri's online clinic I made it a point to slowly down around my horses, taking the time to brush them slower and be more calm. This little advice of slowing down created relaxation in my horses as well as my own body and mind. (Laurie Hall)

Pressure Proof Equine Sports Psychology - Daniel Stewart

Daniel Stewart's online clinic, April 5, was upbeat and fast paced, filled with tools for you to be better at riding and showing by utilizing positive thinking. Daniel's sports psychology offers you confidence and prepares you for showing. Listening to Daniel, with his exciting energy and positive approach to preparing you to show gave me new knowledge and encouragement for entering the show ring. Key notes that I walked away with were focus on yourself, not others around you, look at smaller goals and think positive outcomes, not what if problems that could happen. (Laurie Hall)

If you are interested in learning from Daniel Stewart, he will be teaching a clinic in August 17 & 18 at Full Circle Farm Therapeutic Riding in Newport, NH
<https://www.fcftherapeutic.org/event/daniel-stewart-clinic/>

Wondering What Mips Technology Is When Buying a Helmet?



How does a Mips® safety system work?

- The Mips® safety system features a low-friction layer inside the helmet that allows a multi-directional movement of 10-15mm on certain angled impacts, intended to help reduce rotational force to the head.

What is rotational motion?

- Rotational motion, in these cases, can be the result of an angled impact to the head. These impacts may result in an abrupt stop that can cause the brain to move or stretch.

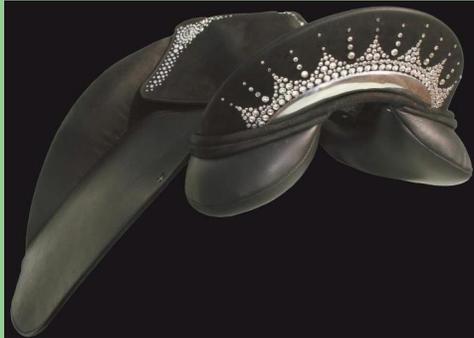
Why is rotational motion harmful?

- The brain is more sensitive to rotational motion than linear motion because it has shear properties similar to water or gel. When different parts of the brain move relative to each other as a result of rotational motion, the tissues can stretch, which can cause concussions or other brain injuries.

Where is the Mips® safety system located on a helmet?

- Mips is found inside the helmet, generally between the padding and the EPS foam protective layer. There are different Mips systems, but all consist of a low-friction layer between the helmet and the head.

Horsey Guilty Pleasures



For fun during a cold April in Vermont, I conducted a highly unscientific survey of CVDA Board members' horse-related guilty pleasures. Starting with mine, they are:

- Being glued to the USEF live stream for the Land Rover Kentucky Three Day Event in the spring and the Maryland Five Star Event at Fair Hill in the fall. Two "lost" weekends, but so much fun! (Katherine Roe)
- Paying someone to braid for me! (Marin Haney)
- Horse retail therapy: new blankets, used tack shopping discoveries, any tack shopping anywhere! Pure pleasure, no guilt: when an abscess blows, when horses load easily, remembered tests (LOL). (Dinah Rojek)
- Horse and equestrian ware shopping for things I don't really need. Especially for things that are new, shiny and clean during mud season!! Pure pleasure, no guilt: watching my horse thoroughly enjoy massage. (Terri Satterlee)
- Buying the latest pattern of Kerrits tops because that's all I wear, even though I don't need any more! (Amy Bresky)
- Clinics, lessons, bling and trail riding in the mountains. (Laurie Hall)

CVDA members – join in the fun. Email us your horsey guilty pleasures for Part II. [Email CVDA](#)

Become a CVDA Member

Joining CVDA provides you with Group Membership to the United States Dressage Federation (USDF). This allows you to not only be a part of CVDA, but as a Group Member, you will also have many USDF benefits including:

- Compete in USEF/USDF sanctioned shows and be eligible to earn USDF Rider Awards such as 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)

<https://cvda.org/join-us>

2022 CVDA Grant Program Open for Applications

The 2022 CVDA Grant Program deadline is quickly approaching! Is there a clinician you have always wanted to learn from? Would a CVDA grant assist you

to bring their knowledge to this area? Or, is your focus on Junior CVDA members and you've always dreamed of running a Dressage Camp for Juniors? The CVDA Grant Program would like to support your goals to bring dressage education to this area or to attend an educational event that will allow you to contribute to dressage education in our region. The deadline is July 18, 2022; applicants will be notified by August 22, 2022. *Successful grantees have one year from August 22, 2022 in which to plan for and use the grant funds.* For further information on the grant program and an application view our website:

<https://www.cvda.org/Grants>

Calendar of Events/ Summer & Fall 2022

July 23 Development Day
July 24 Schooling Show

Opening Date: June 18, 2022
Closing Date: July 13, 2022

Location: GMHA, South Woodstock, VT



August 13 & 14
Stephen Hayes Clinic

British FEI Competitor and Worldwide Clinician
Back by Popular Demand

Opening Date: 7/11/2022
Closing Date: 8/1/2022

Location:
Huntington Farm, 130 Justin Morrill Mem
Hwy, South Strafford, VT 05070
Contact: skentvermont@aol.com



September 17 Development Day
September 18 Schooling Show

Opening Date: August 13, 2022
Closing Date: September 7, 2022

Location: GMHA, South Woodstock, VT



Member Hosted Event
August 17 & 18

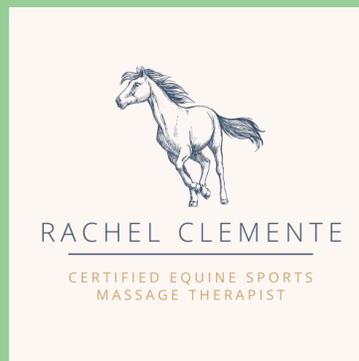
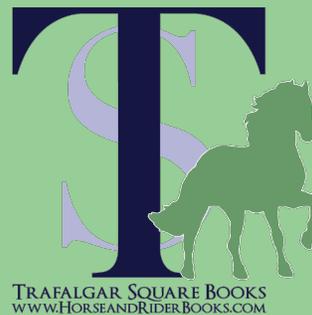
Daniel Stewart Pressure Proof Clinic

Equestrian Sports Psychologist
Learn Tools to Build Confidence
For All Equine Disciplines

Location: Full Circle Farm, 80 Edgell Rd.
Newport, NH [Full Circle Farm Therapeutic Horsemanship](#) 978-509-8590



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