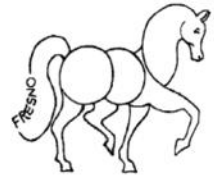


# FresNotes

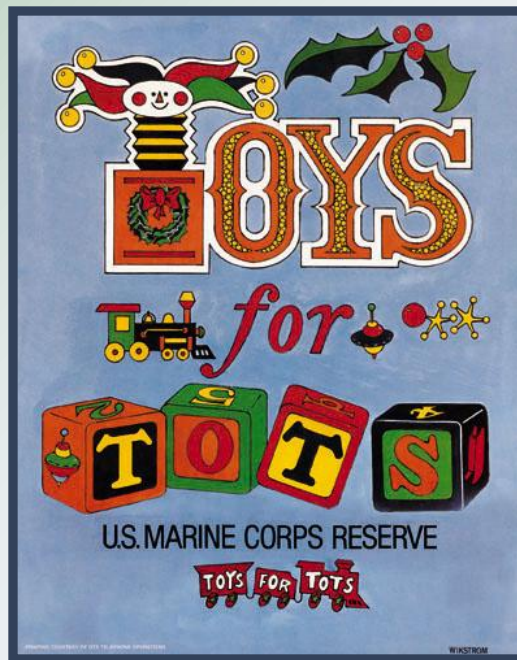
*November/December 2010*



Bi-Monthly Newsletter of the Fresno Chapter ~ California Dressage Society

## Dressage Schooling Show

*Sunday ~ December 4<sup>th</sup> , 2010*



**La Dolce Vita Equestrian Center**  
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**Clovis CA 93619**

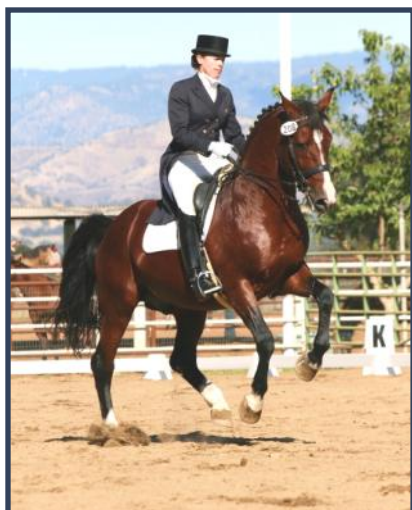
**Closing Date ~ November 21<sup>st</sup>**

Premium/Entry form online

@

[www.fresnocds.net](http://www.fresnocds.net)

# DRESSAGE IN THE VALLEY III - OCTOBER 31, 2010



Above: Jackie Ahl-Eckhaus

Clockwise from top left: Piet Ogata, Bob Wiens, Deb Hirons, Lee-Ann DuMars, Cynthia Bell, Merrie Velden, & Renee Johnson.



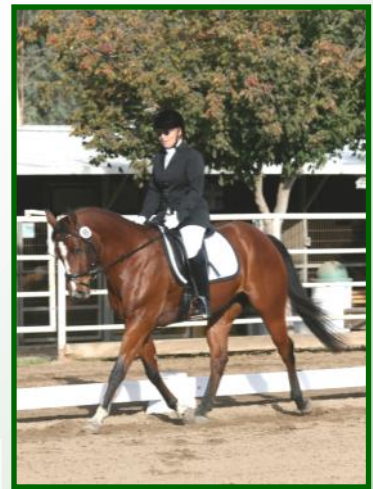
# DRESSAGE IN THE VALLEY III - OCTOBER 31, 2010



**Above:** View at "C" with Judge, Bev Rogers, and Scribe, Cheryl Frank.



**Right:** Show Staff, Deb's twin sister, Carol Parks and Deb Moerman



**Above (L-R):** Leslie Hagberg, Debbie Cervenka and Jan Breech

**Below:** Marge Young, owner of The Tack Outlet



## DVIII SCORE REPORT - OCTOBER SHOW

### Introductory, Test A

Leslie Hagberg	Cobblestone Devlin	Open	141	70.500%	1
Elizabeth Mutch	Goliath	Open	128	64.000%	2
Grace Webb	Katz	JR/YR	122	61.000%	3
Karen Sweaney	G Ima Starr FA (Speedy Six)	Open	120	60.000%	4
Rachel Owens	Kona	JR/YR	109	54.500%	5

### Introductory, Test B

Leslie Hagberg	Cobblestone Devlin	Open	143	71.500%	1
Karen Sweaney	G Ima Starr FA (Speedy Six)	Open	120	60.000%	2
Rachel Owens	Kona	JR/YR	109	54.500%	3

### Training Level, Test 1

Craig Stanley	Caetano	Open	159	69.130%	1
Merrie Velden	Rubi Slippers	Open	151	65.652%	2

### Training Level, Test 2

Piet Ogata	Sergeant Major	Open	204	72.857%	1
Craig Stanley	Caetano	Open	203	72.500%	2
Leslie Hagberg	Cobblestone Thatch	Open	187	66.786%	3
Deborah Stahl	Jax are Wild	Open	176	62.857%	4

### Training Level, Test 3

Craig Stanley	Caliente DG	Open	194	77.600%	1
Merrie Velden	Allure	Open	176	70.400%	2
Leslie Hagberg	Cobblestone Thatch	Open	165	66.000%	3
Renaeg Beggs	Take Note	Open	164	65.600%	4
Lynn Hergenrader	The Life of Riley	Open	154	61.600%	5
Jan Breech	Lotsa Freckle Nic	Adult Amateur	159	63.600%	1
Ann Ranger	Re Fiddle	Adult Amateur	158	63.200%	2
Margaret Young	Isabella VR	Adult Amateur	137	54.800%	3

### Training Level, Test 4

Craig Stanley	Caliente DG	Open	200	80.000%	1
Renaeg Beggs	Take Note	Open	159	63.600%	2
Marnie Howe	Viena CL	Open	141	56.400%	3
Ann Ranger	Re Fiddle	Adult Amateur	155	62.000%	1
Jan Breech	Lotsa Freckle Nic	Adult Amateur	155	62.000%	1
Margaret Young	Isabella VR	Adult Amateur	148	59.200%	3

### Training Level, Test 1 OPPORTUNITY

Karen Erickson	Far Above Par	Open	146	63.478%	1
Grace Webb	Katz	JR/YR	136	59.130%	2

### Training Level, Test 2 OPPORTUNITY

Karen Erickson	Far Above Par	Open	187	66.786%	1
Elizabeth Kameran	Katz	Open	179	63.929%	2

### First Level, Test 1

Bob Wiens	Alona	Adult Amateur	201	67.000%	1
Merrie Velden	Pago Pago C	Open	182	60.667%	2
Sara Jones	Gladiator AF	Open	155	51.667%	3

## DVIII SCORES (CONT)

### First Level, Test 2

Merrie Velden	Pago Pago C	Open	224	62.222%	1
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### First Level, Test 3

Merrie Velden	Sir Linus	Open	220	62.857%	1
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### First Level, Test 4

Merrie Velden	Sir Linus	Open	241	63.421%	1
Bob Wiens	Alona	Adult Amateur	238	62.632%	2
Debbie Cervenka	CRA Knight Hawk	Adult Amateur	214	56.316%	3

### First Level, Test 1 OPPORTUNITY

Meghan Wilson	Get Smart	Open	191	63.667%	1
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### Second Level, Test 1

Jacqueline Neumann	Prinz Philippo 32	Adult Amateur	215	56.579%	1
Taylor Bedard	Red Hot Chili Pepper	JR/YR	214	56.316%	2
Fumiko Yamazaki	Wirona-O	Adult Amateur	189	49.737%	3

### Second Level, Test 2

Jacqueline Neumann	Prinz Philippo 32	Adult Amateur	230	62.162%	1
Taylor Bedard	Red Hot Chili Pepper	JR/YR	219	59.189%	2
Fumiko Yamazaki	Wirona-O	Adult Amateur	185	50.000%	3

### Third Level, Test 2

Craig Stanley	MSV Vpop Prima	Open	237	60.769%	1
Deborah Stahl	Burren Dream	Open	197	50.513%	2

### Third Level, Test 3

Jackie Ahl-Eckhaus	Sandro's Ace	Open	257	59.767%	1
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### Fourth Level, Test 1

Jackie Ahl-Eckhaus	Sandro's Ace	Open	286	66.512%	1
Craig Stanley	MSV Vpop Prima	Open	261	60.698%	2

### Prix St. Georges

Piet Ogata	Wichtl	Open	225	59.211%	1
Cynthia Bell	Teorema VA	Open	199	52.368%	2
Lee-Ann DuMars	Conversano II Belladonna III	Adult Amateur	165	43.421%	3

### Intermediaire I

Deborah Hirons	Alamar's Touch of Magic	Adult Amateur	232	61.053%	1
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### Grand Prix Freestyle

Renee Johnson	Kamuela	Open	279	69.750%	1
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### USDF Quadrille - Compulsory

Sharon Kinnear	Hayley	Robin Heyde-McCoy	Hallmark Twice Forgiven
Marilyn Reese	Chicago	Bonny Searcy	Hansome

### USDF Quadrille - Compulsory

Sharon Kinnear	Hayley	Robin Heyde-McCoy	Hallmark Twice Forgiven
Debbie Cervenka	CRA Knight Hawk	Bonny Searcy	Hansome

### USDF Quadrille - Freestyle

Sharon Kinnear	Hayley	Robin Heyde-McCoy	Hallmark Twice Forgiven
Marilyn Reese	Chicago	Bonny Searcy	Hansome

## TOOLS FOR THE JOURNEY

As riders we are all on a journey, aspiring toward harmony of body and mind with our equine partners. At times our goals seem like elusive unattainable dreams. However, there are certain tools that can help us along the journey.

We are all familiar with the Training Tree, but have you heard of the Riding Tree? The Riding Tree is composed of six components that must be developed for riders to move from passenger to a partner of their horse. Many, if not all, of the evasions that we see are a result of not having these six components mastered, or a misunderstanding of how to apply the Training and Riding Trees to the daily riding and training of our horses.

The first component of the Riding Tree is Relaxation of the rider. It is no surprise when I say the horse is a herd animal. However, we may not have fully grasped the implication of this truth. Horses mirror each other within the herd. When we ride, horses mirror us. This means, when we have a loss of relaxation whether mentally, physically or emotionally it will be mirrored in our horses. The goal of the classical rider is to be in a state of mental and physical relaxation, in both the joints and mind. Having this relaxation will help encourage the horse to be mentally and physically relaxed. When our joints are not relaxed the horse will tend to mirror us. Our restriction will cause the horse to be restricted. This is also true, if we are staying on the horse thru muscles that grip, clamp or tense. This lack of relaxed muscle use blocks our joints and inhibits our ability to apply the aids correctly. This first piece of the Riding Tree, a relaxed rider, is an important key to having a relaxed, forward and supple horse.

The second component of the Riding Tree is Balance. We expect our horses to learn to move in balance and to learn to be straight, yet oftentimes we ride and move crooked on top of them. When we do not sit straight, our horses begin to mirror us. When we lack basic alignment from front to back we cause our horses to have to carry our dead weight. Lack of balance tends to cause the horse to feel either restricted or like we are chasing the horse forward. Whether the horse responds to us by lack of forward or hurrying, the ultimate result does not encourage the horse toward the goals of classical dressage. In addition to front to back balance, there is also our side to side balance. Side to side balance is necessary to help the horse move straight on a circle or the line of travel. Often we spend great amounts of energy trying to straighten a horse without fixing our seats, which are encouraging the horse to move crooked. It is unfair to expect of our horses what we ourselves have not achieved. Balance prepares the rider for the third component of the riding tree.

Next the rider needs to be able to follow the horse's motion. Before we can influence our horses to turn, move freely forward and do the movements of classical dressage, we should first learn how to sit on them without restricting their natural movement. The only way a rider can learn to improve a horse's natural way of going, is to first learn how to ride their horse's movement the way it is. If the hip does not have the ability to swing with the horse, or if the rider does not have independence of body parts, the rider will not be able to effectively apply the aids. We must be able to ride walk, trot and canter without balancing on the rein. We must be able to maintain our center over the horse's center while moving. We must be able to adjust our bodies to the horse's changes in speed and direction, before we can effectively influence the horse. This is for the improvement of ourselves, as riders. It is necessary at times to check, can I balance without the rein. If the answer is no, then let there be no doubt, that the hand is being used improperly. When the rider cannot move with, or balance on top of, the horse apart from the rein to balance on, the horse is always getting mixed signals. The ability to follow the motion is necessary before we can properly apply the aids.

The fourth stage of the Riding Tree is application of aids. When I can sit relaxed, in balance and follow the horse's motion, then I can begin to learn how to direct the horse. It is funny, and a bit sad, how many riders out there are riding half pass in a double bridle, but could not ride a canter on a loose rein around the arena. We expect our horses to understand what we mean by our aids, but we sit lopsided, giving, at best, muddled confusing directions. We are frustrated when people come to our country, yet do not learn our language. What a double standard, to require our horses to listen to our constant mispronunciation of the most basic aids, because we will not take the time to sit on the lounge line and learn to speak clearly using proper enunciation. Then, often times, we punish their frustration and confusion because of our improper explanation of what we want. The application of aids stage is the stage where we are learning, not demanding what we want. We are learning how to communicate to the horse what we would like to do next, in a way that it understands. Once the rider has learned to ask for the various movements and gaits the rider is ready to learn how to refine the aids. ... *continued page 7*

## TOOLS FOR THE JOURNEY (CONT)

The stage where the rider learns to refine the aids is called coordination of aids. This is where the rider learns how to more effectively use the aids, to communicate clearly to the horse what he or she wants. Not only is there the general aid, but also the timing of when you ask and how to place the aid most effectively so as to be most easily understood. This is when a rider learns how to speak with finesse. The goal is for the rider to learn how to whisper and maintain communication between horse and rider alone. Then only the most well trained observer will be allowed to listen in. The aids are being developed to their utmost when the rider can whisper and does not need to shout. When the rider is able to coordinate the aids and able to remain humble, corrections of misunderstandings become a quiet re-explaining rather than a demanding assumption of disobedience that must be punished. It is in the moment of trust that the rider can use love and body language to communicate with the horse rather than being obsessed with a goal and becoming emotionally involved. The rider should be generous with the horse rather than always assuming that the horse is in rebellion.

The final stage is called influencing. Influencing is where the rider has learned how to communicate so effectively that the rider can cause the horse to feel like doing what the rider wants. The goal of classical horsemanship is harmony. Rather than trying to bump and push the horse into giving us our way, the rider should become clever, setting the horse up to think it is their idea. How beautiful the harmony displayed when horse and rider love to serve and communicate with each other. How wonderful the attainment when there is mutual love and respect. How lovely when the horse wants to leap and play and the rider can help the horse focus this joyful exuberance into a beautiful dance of passionate expression and impulsive suppleness. Truly what we need is riders who have learned the art of influencing with their bodies and their minds subtly, and with skill, so as to best display the glory of the horse. When the rider is lost in the beauty of the horse, we have achieved our goal.

While on this journey, I would encourage us not to lose heart. We will make mistakes, but hopefully we will allow our horses voice so as to learn from them. Hopefully, we will come to the point where we will ask, in a moment of misunderstanding, "Was I relaxed? Was I balanced? Was I following the motion? Did I apply the aids correctly? Did I use the most effective timing and coordination of the aids? How can I influence more effectively? Rather than merely responding with an emotional correction, am I ready to take responsibility for being a rider? Or am I still just expecting the horse to get along with it, in spite of me?" Here's to learning to enjoy the process rather than just the destination. May these tools give you a little guidance along the journey.

*~submitted by Kristen Hoover*

*Kristen Hoover is a certified riding instructor and trainer, from Meredith Manor International Equestrian Centre. She is a freelance instructor and trainer, traveling to her clients in Clovis and Selma, CA and surrounding areas. For more information check out her website [www.danceswithhorses.net](http://www.danceswithhorses.net) or 425-275-6156.*

## MEMBER NEWS - UPCOMING EVENTS



WELCOME OUR NEW FRESNO CDS  
CHAIRPERSON

**BOB WIENS**

Bob was elected as the new Fresno CDS  
chairperson at the chapter meeting,  
Wednesday November 18th.

**Congratulations to  
Craig Stanley  
for earning his BRONZE Medal!!**



Thank You to  
***Noemi Leach***  
Equus Photography  
for the lovely photos on pages 2 & 3  
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# HOLIDAY PARTY



## *Fresno CDS Holiday Party*



Saturday ~ December  
11th

6:00 pm

*at*

The Moerman's  
907 N. Citadel  
Clovis, CA

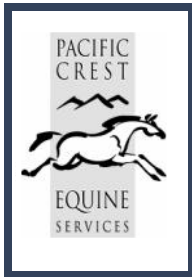
The Chapter will provide beverages and a catered dinner for you and a guest.

Please feel free to bring a dessert to share.

We look forward to seeing you this year!



# EQUITHRIVE



*Pacific Crest Equine Services has generously offered to provide informational articles to our Chapter readership. The publication of these articles are for your enjoyment and personal edification. The opinions expressed here are those of the author, and are not meant as a reflection of the opinion of the Fresno CDS Chapter members or Board.*

Pacific Crest Equine now carries a new product, Equithrive Joint supplement. This is the first equine product that contains the purified form of resveratrol, which is a natural molecule that reduces gene expression of inflammatory enzymes. Resveratrol is safe for long-term daily use and does not produce unwanted gastrointestinal side effects.

Equithrive is a powdered product that can be administered to the horse's daily feed ration.

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Other commonly used NSAIDs, such as Bute or Banamine, inhibit some inflammatory enzymes that also have gastro-protective effects, therefore, having the risk of associated gastrointestinal side effects, including ulcers, make them unsafe for long-term daily use.

Conversely, resveratrol does not affect the body's production of gastroprotective substances and does not have unwanted gastrointestinal side effects. Rather than inhibiting inflammatory enzymes circulating in the body, resveratrol reduces gene expression of inflammatory mediators. The result is that lower concentrations of inflammatory enzymes are circulating in the body.

Equithrive products are only available from licensed veterinarians.

Contact your veterinarian to learn more about the product.

*This article was submitted by Dr Kelly Anez, Pacific Crest Equine Services, Exeter CA  
For information about this or other veterinary matters relating to the horse, please call (559) 592-4753  
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## CALENDAR OF EVENTS

### 2010

November 17

Chapter Meeting  
Deb Moerman's Home

November 21

CLOSING DATE ~ Toys for Tots

December 4

Saturday, December 4th **\*\*Using 2007 Tests\*\***  
Toys For Tots Holiday Schooling Show

December 11

Saturday, December 11th, 6:00 pm  
Chapter Meeting/Holiday Gathering  
at The Moerman's House

### 2011

March 12

Possible Single-Rated Show

# Seasons Greetings

## TRAINERS, JUDGES & CLINICIANS

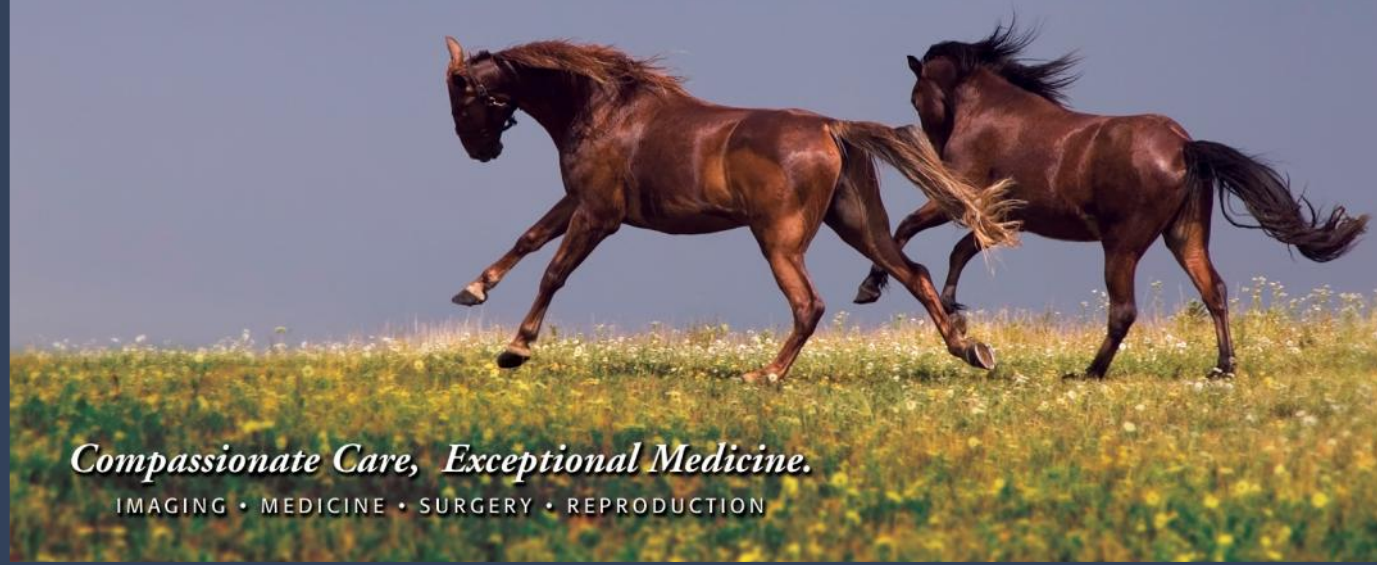
<b>Jackie Ahl-Eckhaus</b>	<b>USDF "L" Program Graduate, USDF Silver Medalist, FEI Competitor, Trainer, Instructor, Clinician, Breeder of top Dutch Horses</b>
<b>Melissa Creswick</b>	<b>International Dressage Judge (S), Sporthorse Breeding Judge, USDF Silver Medalist</b>
<b>Loris Henry</b>	<b>International Dressage Judge (S), Association of Professional Trainers and Instructors, FEI "I" Eventing Judge</b>
<b>Renee Johnson</b>	<b>USEF Dressage Judge (r), FEI Competitor, Trainer, Instructor, Clinician USDF Bronze, Silver, and Gold Medals</b>
<b>Arlene Kelemen</b>	<b>USDF "L" Program Graduate</b>
<b>Linda Randall</b>	<b>USDF "L" Program Graduate</b>
<b>Merrie Velden</b>	<b>Professional Trainer</b>

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*Melissa M. Creswick*

# FRESNO CDS MEETING MINUTES - OCTOBER

## Fresno CDS October 13, 2010 Chapter Meeting Minutes

The meeting was called to order by Melissa Creswick at the home of Connie Everett at approximately 7:15 p.m.

**Treasurer's Report** - Carol Parks reported that the checkbook has a healthy balance. She will be updating Foxwood in November.

**October \*\*\* show** - Melissa reported that there are 12 entries so far. The show should be fairly large. USDF has our prize list. Dianne Cloyd will be taking care of providing donuts and coffee. We will be providing sandwiches and salads for the food. She will need volunteers for the food table. Hotel reservations at the Best Western in Clovis have been made for the judge on Saturday and Sunday. Connie hired an EMT and will confirm again. Keven is doing the show decorations. Dianne will take the trailer to LaDolceVita, and Carol will set it up. Marilyn is handling the clinic on Monday, November 1st with the judge. Melissa will take the judge and Maureen VanTuyl to dinner on Saturday night. Deb will pick up Maureen and the judge on Sunday and take them to the show. Dianne will take care of the Sunday dinner for the judge. Deb is making a resource list of those needed to work shows - EMTs, TDs, etc. Deb has talked to Marge regarding halters for high score. Carol has enough ribbons.

**Holiday Party** - The party will be held on Saturday, December 11th at Deb's home. It will be a "Volunteer Celebration". The event will be catered and the members will bring desserts. An e-mail blast will be sent out with a "click to reply" reservation.

**Toys for Tots** - December 4th is the show date. We will be using the 2007 tests. There will be a cap of 2 horses per rider and each horse a maximum of 2 tests. The rides will be capped at 80. We have a judge and Carole Calderwood will do the 2nd ring of walk/trot. Freya will bring the supplies and stand for the 2nd judge's stand. It will be bring your own lunch. Deb will contact the Marines for gathering up the toys. Freya will get an EMT.

We discussed having a single rated show on March 12, 2011.

Melissa will be on the Board of Directors for CDS and will therefore take on an advisory status for our chapter. Bob Wiens will share the co-chair with Connie.

Carole Calderwood will be our show secretary.

We will be looking into future venues for shows.

Stabling information for shows needs to be changed for future shows.

**The next meeting will be November 17, 2010**, at Connie's home at 7:00 p.m (location changed to Deb Moerman's)

Other Business: Bob Wiens requested an e-mail link to our members regarding a survey for wearing coats in hot weather.

Members present: Melissa Creswick, Connie Everett, Dianne Cloyd, Deb Moerman, Carol Parks, Carole Calderwood, Bob Wiens, Freya Mello, Kristin, Renee Johnson, and Susan Fantl.

## NEWSLETTER SUBMISSIONS & AD INFORMATION

**Stories & Articles** from members are welcome & will be printed as space allows. Submissions are preferred via e-mail, but regular mail, fax and phone are okay also.

**Classified Ads** run for one month. Ads can be sent via e-mail, fax or regular mail. *RENEW* ad by e-mail or phone for the following month by the 25th of each month. New businesses owned by Fresno CDS members can advertise for first month FREE. Additional months must be purchased as Display ads.

FresNotes is published monthly for members of the  
Fresno Chapter of the  
California Dressage Society (CDS).

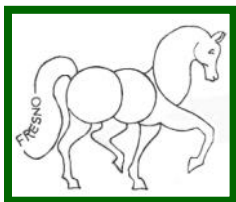
**Display Ads** must be camera-ready and e-mailed or mailed to the Newsletter Editor at the address below. Ads must be paid in advance. Please make checks payable to Fresno CDS.

Business Card	\$5/month
1/4 page	\$8/month
1/2 page	\$12/month
Full Page	\$20/month

**Deadline** for all items is the 25th of each month.

**Questions?** Contact Newsletter Editor:  
Patty Isaac  
756 E. Lawnbrook Drive  
Fresno, CA 93720

The California Dressage Society, formed in 1967, is a non-profit organization to further the interest in the equestrian sport called Dressage.



Patty Isaac, *Editor*  
756 E. Lawnbrook Dr.  
Fresno, CA 93720

**FresNotes** **Nov/Dec 10**