

WPDA NEWSBITS

October 2018

Time to think about renewing your Membership in Western Pennsylvania Dressage Association

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Membership covers the 2019 competition year & includes:

- Participation in WPDA shows and clinics
- Individual membership in the USDF
- Eligibility for year-end awards
- Voting & office holding privileges
- WPDA Team competition for Juniors and Adults
- Social events
- Annual banquet
- WPDA Handbook
- Membership Directory*
- Monthly Newsletter

***Available on request.**



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For more up-to-date info and pics, visit our website at <https://www.wpda.club> and our Facebook page at *What's New - Western Pennsylvania Dressage Association.*





Club News

October Board meeting on Monday, Oct 8, 6:30 p.m., Bravo Restaurant in Robinson. Earlier start to accommodate the Insurance Round Table, an informative presentation on equine insurance needs. A timely topic for equestrians! See flyer below. Please rsvp to Pam McCready if you are planning to attend. Board meeting follows presentation.

Belated shout-out to **Karen Puchalsky** for sponsoring our June schooling show! We love our sponsors!!



Shout out to all our sponsors for the Adult Clinic. I'm told the riders had a marvelous time! Thanks to the clinicians, **Martin & Kate Kuhn**. A very special thank-you to **Lin and Sam Viviano** for their many, many years of generosity, warm hospitality and support of the WPDA!

And to our sponsors, a very big thank you!!

**Saddles 101
E4Equestrian**

**Innovate E-Commerce
Krol Media Associates LLC**

**Silver Crest Equestrian Center
Pam McCready**



THE 2018 WPDA awards banquet will be held Sunday, November 4, 2018 at the Camelot Banquet Hall. Election results will be announced and year-end awards are presented to riders in good standing who meet certain requirements.

Applications must be postmarked by October 15. You must redeem canter cash to apply for the awards. Please visit our website at wpda.club for more detailed information and to download the application.

Want to be a member of the 70s club? (And no, it's not your age!) For riders who have earned more than 2 scores in the 70s, you can become a member of the 70s club! Your name will be posted on the website and in the NewsBits and you will be eligible for a pin.

If you have anything you would like to donate for the Chinese Auction – be it horse related or not, we welcome any and all donations. The Juniors will be having a silent auction with gently worn tack so if you are looking to find a new home for items you no longer use, consider donating to the juniors.

All this and more at our annual banquet. We look forward to seeing you all there!

Our next Board meeting will be on Monday October 8th 2018 at Bravo's Restaurant - Robinson Twp. 211 Summit Park Drive, Pittsburgh, 15275. Eric Poplowski and David Sobel from American National/Farm Family insurance company will join us for our monthly meeting. American National/Farm Family is the insurance provider for the WPDA. David and Eric will be providing insight on how to protect yourself properly when it comes to equine and farming exposures. Come join us for an informative session!!

Talking Points:



- Home owners and agriculture insurance
- Generic insurance terms
- Things to look for in your policy
- Insuring to value
- Equine liability
- Instructor liability
- Who pays for attorney



C O N G R A T S !!



Don Ahlerich, a 2015 Hanoverian gelding out of the Celle stallion, Don Darius, bred by Otto Rudolf Fuchs at Hilton farm and his owner, Emily Morris, proudly sporting his winning ribbon. His owner says he is lovingly called "Lurch" as he is currently 17.2 hands.

Emily—

This is my 4 th yr at Devon this year. I took Don Ahlerich (also known as Lurch), a fairly green 3 yr-old we started in March .

I'm so proud of my guy! We placed 3,6,6,7,10; and won the 3 yr old colts and geldings "Born in the U.S." award which is generally won by the well-known farms like Hilltop and Iron spring . I was one of the only AA riders there . We showed both in-hand and under saddle. The in-hand scores conformation and gaits, as does the under saddle.

The colt and gelding award was in-hand . There is also a prospect class which judges both in-hand and under saddle. We placed 2 points behind the reserve champion Lauren Chumley in that combination! Riding under saddle in a large group is not always easy, yet Lurch was only just a bit taken back by the wild bucking babies and did his best . He wasn't as forward as we needed but he never batted an eye in the Dixon oval - which I might add - there is no warm up in that ring !





Welcome
WPDA Clinic
to the
Rockin'V Stables



WESTERN PENNSYLVANIA DRESSAGE
ASSOCIATION – ADULT CLINIC SEPTEMBER 2018

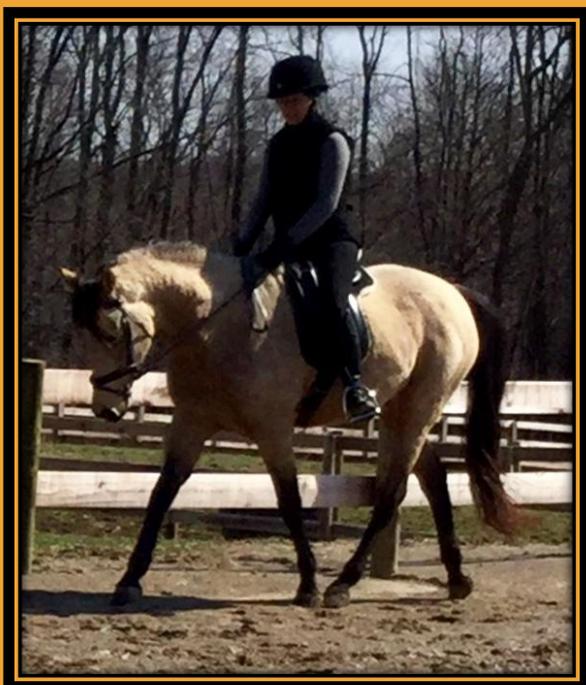




Member Spotlight

For our member spotlight this month, I contacted one of our new members as asked her to tell us a little about herself and her horse. I think this is a wonderful opportunity for WPDA members to get to know each other and will try to contact current as well as new members. This month, I'd like you to meet Camille Papia and her lovely mare, Nina. Camille wrote a few words and may I say, "Welcome to the club!"

Nina is a grade mare and is one of six horses I keep on my 32 acres in Washington PA. I have been riding on and off for the past 57 years! I spent my younger days in an English saddle, (I even had a few lessons with Harry DeLeyer!); then in a Western, before finding Dressage! I even trail ride in my dressage saddle!



I have had Nina since she was 14 months old. I did her ground work until I found a trainer who would start her under saddle. She is now 7 and is handy with anything I throw at her. I decided to join WPDA as a show of support. The association's sanctioned schooling shows give me the opportunity to practice at my level and receive valuable feedback from judges!



Education Corner

HELP!MY HORSE REFUSES TO EAT HIS SUPPLEMENTS!

Your horse refuses to eat a supplement or even a feed. You put in a lot of effort to help them with their health or a medical condition, and yet, they walk away from their dinner! Not an uncommon problem, but certainly a frustrating one for many owners. So, what do you do? Is it the supplement? Your feed? Or maybe your horse? It could be a combination of all three, but with some detective work, patience, and persistence, you can change the situation and maybe their health in the process! The picky eater horse can be helped!

Here you are with a horse that has a medical issue, maybe an allergy or lameness, and you are putting the effort into proper supplementation to aid their recovery, but they refuse to eat it! How dare they, right? You put that dose of supplement into their normal grain, potentially wasting a dose, and now they walk away from their evening meal. What's the deal? Is it your feed? Is something wrong with the supplement? Are they just not feeling good today?



Picky Eaters and the Horse

Likely there is nothing wrong with your feed, the supplement, or your horse. In reality, it is something going on inside of your horse that is creating the problem. It's their taste buds, but the problem goes much deeper than just the fact that you think your horse doesn't like the supplement.

These types of horses to me are picky eaters and almost every horse owner has experience in this area. It is also something that I encounter in our rehab patients, creating difficulty in providing a prescribed supplement regimen. **I can prescribe a formula to aid in their recovery, but it does very little if they won't eat it!**

If we step back and look at the situation, many of these 'picky' horses will actually refuse a carrot, a slice of apple, or even a handful of whole oats. Pretty odd. Certainly not all of them fall into this group, but a high percentage do. So, how can they turn their nose away from a carrot or even whole oats? The reasoning lies in the tastes that they have developed, become accustomed to over time, and also the influence of the gastrointestinal microbiome.

Digging Deeper into the Problem

Looking at this group of horse, most of them are on processed, commercial feeds, often having the feed changed periodically as their taste wanes from one and desires another. Processed foods have a different taste than real foods, often higher in additives, added sugars, colors, preservatives and even food sources. Many of these grains are not even using 'real' foods, but modified versions of them or even synthetically created sources of nutrients. **The fact is that they are not food, at least in the traditional sense.** Feed them enough of these types of foods and they become accustomed to them, their palate changes, and so does the bacteria in their digestive tract.

When it comes to the microbiome, a horse that eats whole foods, minimal grains and has access to plenty of pasture has a slightly different bacterial population from a horse that eats commercial grains, stalled, and kept on a dry lot. This population of bacteria then can influence the tastes that the horse craves, often with the craving for sugar or sweets being prominent, as these carbohydrate sources feed the bacteria that have overgrown. Even whole grains, vegetables, and some fruits are lower in carbohydrates than some foods on the market. Despite their natural state, they are not as sweet or tasty, as some commercial feeds.

In reality, this situation is no different from a child that was raised on high sugar cereals, processed foods, sugars, and

candy. Then you attempt to change that child's eating habits, encouraging more fruit and vegetables. What is the result? They cry, whine, and walk away from their dinner. If you succeed on getting them to eat the vegetables and fruits, and truly eliminate the other negative foods, their tastes will change, their gut microbiome will change, and their health will change.

It's not a coincidence that most picky eater horses also have ongoing health problems! There is a reason, and their diet, established microbiome, and eating habits all play a role.

Resolving the Dilemma with the Picky Eater Horse

If you want to truly help your horse, you will realize that the efforts you are making with the supplements you have chosen are likely not the problem. Or it could be, dependent on the supplement. There are a few things to keep in mind.

When it comes to many supplements on the market, in order for the manufacturer to help you they must make their product palatable to your horse. This means that many companies add a lot of sugars, sweet flavors, or artificial sweeteners to their products. More sugar usually means more likable by your horse! However, this is not a good thing, as outlined above.

When it comes to our **Cur-OST Equine Supplements**, we have no added artificial flavors, sugars, preservatives or other chemicals. In most we have added a whole, organic banana fruit as a component of the blend. This is the real fruit, not a flavor. Given this, no addition of sugars or otherwise, some horses may turn their noses away from their first few meals. Reason being...they are craving sugars and there are no added sugars to those supplements. This isn't a huge issue in using our products, but it does happen, however, there are ways to resolve the problem.

In order to resolve this, most of the time we need to evaluate and modify their main diet, remove contributors to the problem. Just like with the child above, we can't keep giving him cake if we want him to eat his spinach.

The first step for me is to get the horse eating real foods. So, we use whole oats, some alfalfa pellets, maybe flaxseed, carrots, peas, or even chia seeds as a food source. Even with these natural foods, they are not a meal. Forage is the meal for a horse. These are just a snack, a medium for supplementation to improve their health. In many cases, some picky eaters will walk away from that meal. That's okay. Don't give into them, but let it sit, and see what they do overnight. Over time, most will start to pick, and finally eat the meal. If they don't, here are some suggestions:

Cur-OST EQ Fruit Juice (whole organic berry based juice to naturally sweeten a meal)

Honey (1 tsp mixed with feed)

Stevia (1/4-1/2 tsp with feed)

Olive Oil (1/4-1/2 cup) but be careful with an overweight horse

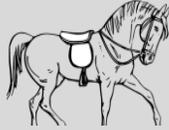
I usually give them a week to get adjusted to the new food regimen. After that time, they are usually eating it and doing well. In fact, some of their health conditions may actually improve just with this simple diet maneuver!

After that week, I will start to add supplements in, usually starting at 1/4-1/2 dose, especially if using more than one supplement. This lower dose prevents an overload of nasal and taste bud overload, allows them to get used to it slowly. If they are finicky still, not sure about the supplement, I will add more fruit juice or other medium mentioned above.

Usually within 10 days, the issue of being a picky eater is no longer a problem. The horses have a new diet, a new supplement regimen, and are on their way to health!

Author: Tom Schell, D.V.M., CVCH, CHN

Editor's Note: This is intended for informational purposes only. As always, consult with your veterinarian with any questions or concerns.



Save the Date



Pilates for Dressage®
with Janice Dulak
USDF Bronze Medalist | Pilates Master Instructor | Author

October 5, 6, & 7, 2018
Auditing options available

Greenmoor Common Equestrian Center
255 Georgetown Road
Canonsburg, PA 15317
www.greenmoorcommonequestrian.com

Touchstone Pilates Studio
250 Mt. Lebanon Blvd., Suite 413
Pittsburgh, PA 15234
www.touchstonepilates.com

Save the Date
WPDA Clinic

Oct. 11-14, 2018 – Region 1 Championships, Virginia Horse Center, Lexington, VA

Oct. 11-14, 2018 – Region 2 Championships, Kentucky Horse Park, Lexington, KY

November 4, 2018 – Western Pennsylvania Dressage Association Annual Awards Banquet.
Watch your mail for invites!

As Show Season begins to wrap up, to all those travelling for competition and/or Regional Championships - safe travels and may every ride be the best ride yet!

A Horse

A Horse is unpredictable

When jumping a wall

Yet more fun to play with than a doll,

They love to frolic in a field

They're sometimes hard to get to yield

They're fun to ride on a hack

You feel secure on their back

They respond to the command "Walk"

Hardly do they ever balk

Who is this wonderful animal I speak of

With all my passion and love?

A horse, of course!

-Abbi Slater, HorsePower Magazine



Junior News!!



Hello all! As you may know, the juniors have been working hard to raise money by organizing different fundraisers and seeking out sponsors for the Juniors of the WPDA. We would like to let everyone know that we currently have a chocolate bar sale going on with Sarris Candy! We are selling milk chocolate bars for \$1 and milk chocolate pretzels for \$2. If you are interested in purchasing bars to support the juniors, or would allow us to place a box in your work place/store to increase sales please let myself, or one of the junior officers know. Your support would be greatly appreciated!

Hanna Hudec
Hudechanna@gmail.com





Junior News cont..

ATTENTION ALL JUNIOR MEMBERS: 2019 Junior Officers needed

It is time to nominate Junior Officers for 2019. 2018 was the first year that we tried having Junior officers/chairs to provide an opportunity to junior members to learn leadership, organization, and administrative skills, and to be more in control of their learning objectives. 2018 was a good first year of doing this! Thank you to the current officers for volunteering. Junior Officers must have been a member in 2018 and become a member for 2019 before the election date of November 4.

Please consider running as a junior officer. Nominations are due to Nina Teff at cnteff@zoominternet.net by October 15th. There will then be a ballot emailed to all junior after the nomination process is complete. The summary of roles and responsibilities are listed below.

Junior Executive Committee Chairs and Duties:

- 1) **Jr. President** – Overall coordinator for junior activities. Duties include:
 - Maintains a master schedule of junior activities throughout the year.
 - Keeps up to date on junior membership list from WPDA membership chair
 - Recruits juniors to join
 - Schedules monthly planning meetings with other officers and creates agenda for meeting
 - Checks in with other officers to check on their progress on tasks and help them if needed
 - Updates the WPDA juniors on what activities are coming up via email/social media
 - Updates the WPDA Board monthly on junior activities and plans by attending monthly Board meetings. Seeks approval from WPDA Board prior to executing activities
 - Plans any gifts for volunteer instructors

- 2) **Jr. Secretary** – handles documentation. Duties include:
 - Writes and distributes minutes from monthly officer meetings
 - Send correspondence to donors (letters to potential donors and thank-you notes)
 - Checks WPDA website to provide current and annual updates to the WPDA website chair
 - Main officer in charge of social media presence for juniors
 - Submits a monthly update to Jr. President to report up to the Board

- 3) **Jr. Treasurer** – handles fundraising and keeping track of junior funds. Duties include:
 - Keeps track of junior funds in spreadsheet
 - Reaches out to donors and coordinates fundraisers
 - Works with WPDA treasurer to:
 - i. submit income/funds
 - ii. coordinate reimbursements for any expenses

- iii. provide necessary financial documentation to WPDA treasurer
 - Coordinates junior fundraising at the banquet
 - Works with the secretary to disseminate addresses for letters/thank-you notes
 - Works with other officers that might have funding needs for activities (i.e. Education Chair and Team Competition Chair)
 - Submits a monthly update to Jr. President to report up to the Board
- 4) **Jr. Education Chair**– coordinates educational opportunities for juniors. Duties include:
 - Coordinates and plans any junior-only clinics for the club (mounted or unmounted) (target of 2 per year)
 - Works with clinician and riders
 - Creates a budget and schedule for the clinic
 - Coordinates with the Jr. Treasurer and Treasurer regarding budgets/payments
 - Sends out interesting educational articles via social media, email
 - Communicates any local educational opportunities that may not be sponsored by the WPDA
 - Submits a monthly update to Jr. President to report up to the Board
- 5) **Jr. Team Competition chair** – coordinates the annual competition that WPDA juniors attend. Duties include:
 - Reaches out to all junior WPDA members to see who is interested in competing in the team events (like D4K YDF);
 - Develops a planning timeline to work tasks prior to the competition
 - Facilitates a Spring meeting with all rider/competitors to discuss the competition and planning
 - Coordinates items that show unity at the competitions
 - i. Plans decorations with team
 - ii. Creates stall card templates for the teams
 - iii. Creates or finds someone to help create stall banners
 - iv. Organizes shirt orders for the competition
 - Creates a GroupMe group for the riders/parents competing in the competition for communication purposes
 - Submits a monthly update to Jr. President to report up to the Board

WPDA Officers:

Pam McCready, President (2018) , Silver Crest Equestrian Center, pgm1208@aol.com

Jerri Anesetti, Vice President (2018 + 2019), Skyline Stables, janesetti17@gmail.com

Barbara Wozniak, Treasurer (2018 + 2019), Silver Crest Equestrian Center,
barbara@wozniaks.net

Fran Mocker, Secretary (2018), Greenmoor Commons Equestrian Center,
dakotaequineenterprises@gmail.com

Board Directors:

Jan Baumann (2018), Greenmoor Commons Equestrian Center,
jpbauermann@comcast.net

Nancy Sholtz (2018 + 2019), Silver Crest Equestrian Center, nancy.sholtz@lhh.com

Stephanie Bitz (2018 + 2019), Headacres Farm, sjbitz@gmail.com

Tina Vensel (2018), sewdressage@aol.com

Committees

Recognized Shows – Needs a new Chair

Sanctioned Schooling Shows – Jerri Anesetti

Adult Clinic – Stephanie Bitz

Awards – Stephanie Bitz

Hospitality – Nancy Sholtz,

Membership – Nancy Sholtz

Banquet – Nancy Sholtz

Education – Jan Baumann

Committees – cont'd

Junior/YR Team – Nina Teff, cnteff@zoominternet.net

Website and Social Media – Kaley Tomsic, kaleytomsic@gmail.com

Canter Cash – Kim Baierl, kbaierl@zoominternet.net

Newsletter & Communications – Tina Vensel

WPDA Junior Officers:

Jr. President – Erin Vensel, erin.vensel322@gmail.com

Jr. Team Competition Chair – Grace Baierl, catskillnola@icloud.com

Jr. Team Education Chair – Emma Teff, eteff@zoominternet.net

Jr. Finance & Fundraising Chair – Allison Salt, allie.alsmorgan.salt71@gmail.com

Jr. Social Chair – Hanna Hudec, hudechanna@gmail.com



WPDA NewsBits Advertising

**Have a service or item you'd like to sell?
Contact me.
You could be
utilizing this space!!**

Classified Ad (30 Word Maximum)

Members: FREE!

Non-members: \$5.00/month

Business Card Ad

Members: \$10.00/month

Non-Members: \$15.00/month

Quarter-Page Ad

Members: \$15.00

Non-Members: \$20.00

Half-Page Ad

Members: \$25.00

Non-Members: \$30.00

Full Page Ad

Members: \$40.00

Non-Members: \$50.00

Buy three months or more of any size ad and take 10% off the purchase price.

If NewsBits publishes a two-month edition, your ad will count for one month.

Send all advertising for the NewsBits to Tina Vensel (sewdressage@aol.com), with "WPDA AD" in the subject line. If you have any questions, call or text 724.554.0532.