

WPDA NEWSBITS



January 2019

***A new year has begun
Renew
Your Membership
in***

***Western Pennsylvania
Dressage Association***

...

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

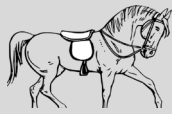
***Available on request.**

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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.*

**Happy
New
Year**



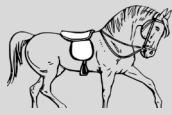
Club News

We are pleased to welcome our new members for 2019 and returning members. Please take the time to renew your memberships and if you get the chance to invite new members, by all means, do invite!

Janis Baumann – returning
Dan Bitz – returning
Stephanie Jo Bitz – returning
Grace Baierl – returning
Kim Richardson Baierl – returning
Heather Soones Booher – returning
Gloria Bush – returning
Sally Dawson – returning
Laura Ecklin – returning
Maddie Goddard – returning
Maggie Goddard – returning
Mona Goddard – returning
Hanna Hudec – returning
David McCready – returning
Pamela Grigsby McCready – returning
Marjorielu McManus – returning
Rachael Moody - new

Rowan Moody - new
Debra O'Neill - new
Christina Fong-Sandholm - new
Sophia Sandholm - new
Nancy Sholtz - returning
Emma Teff - returning
Michele Thomas - new
Kaley Tomsic - returning
Dawne Sohn - returning
Alice Uehling - returning
Erin Vensel - returning
Tina Wills Vensel - returning
Linda Viviano - returning
Jill Winters - new
Barbara Wozniak - returning
Charles Wozniak - returning

***Our members make our club!
Here's to a Happy, Healthy & Successful
2019!***



Save the Date

January 7, 2017 – Board Meeting. Bella Frutteto in Wexford, 7 p.m. Members are welcome to attend. Please let Pam McCready know so restaurant can accommodate everyone.

February 10, 2019 – Equine Nutrition and Exercise Physiology, 1:00 p.m., Westminster Presbyterian Church, 2040 Washington Road, Pittsburgh. Unmounted clinic. See registration form below.

April 5-7 – Janice Dulak, Pilates for Dressage Clinic at Greenmoor Common Equestrian Center

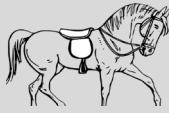
April 5-7 & July 12-14 – CBLM qualifiers as well as qualifiers for the Festival of Champions and offer all the Markel YH and JR/YR events that a level 3 competition offers. Thank you MODA for supporting PA riders

June 29, 2019 – WPDA Schooling Show, Fair Haven Farms

August 17, 2019 – WPDA Schooling show, Fair Haven Farms

September 28, 2019 – WPDA Schooling Show, Fair Haven Farms

Editor's Corner – Guess what next month is? It's Equine Valentine month! Send in your favorite pic of your equine valentine and we will feature it in our February newsletter! Send to Sewdressage@aol.com with the subject line "Equine Valentine." Have a wonderful new year! Blessings, Jina



Junior News

The Juniors had the opportunity to ride once again under the tutelage of Nicole DelGiorno last month and it proved a very educational experience for them. Here is what they have to say:

My experience at the WPDA Junior clinic with Nicole DelGiorno was fantastic. I rode with Nicole in the clinic in March as well as at the Youth Dressage Festival. My lessons with her have all been incredibly helpful and educational. Nicole's experience with "big" horses as well as at the FEI Junior and Young Rider levels has been invaluable for me. At this clinic, we worked mostly on gymnasticizing my horse. Rainier struggles with lateral work, so Nicole stressed the importance of doing tons of transitions to different lateral exercises. Warming him up with constant transitions between haunches out, travers, and medium gaits created a much more through horse in the work phase. Nicole told me if I continue to work Rainier in this way, he will become much more strong and supple and we will ultimately develop the collection needed to be competitive in my goals. Nicole also rode my horse, which I found very insightful. She gave me advice about his right hind weakness based on what she felt. This clinic helped me feel well prepared for what I need to work on when I go down to Florida for the Winter Intensive Training Program. ~ Emma Teff, age 16

My clinic with Nicole was very educational and beneficial. She provided good insight on the issues that arose with Bonjour, and even rode her during part of my clinic to grasp a deeper understanding of what was occurring that was problematic. During our clinics, we worked a lot on impulsion in trot and canter in preparation for the movements required in First Level. My goal is to move up levels by this summer and Nicole helped to establish a training plan as well as suggested various exercises to strengthen engagement during these movements. With Nicole's help, I now feel more confident that we can reach that goal successfully by show season! ~ Hanna Hudec, age 20

My clinic with Nicole was super educational. Nicole was very patient with everything I was trying to process. She specifically worked with how to make my horse go correctly yet forward. We worked on turn on the haunches, to practice for the FEI children's test. I strongly encourage Nicole to come back again in 2019. ~ Ava Noone, age 12

During the clinic with Nicole I learned many useful things. One of these things was that I learned how to get my horse's trot coming out of the canter under control. I also learned how to do more lateral work. We worked on my horse tempo in the trot too. Overall I really liked the clinic and learned a lot. ~ Sophia Sandholm, age 12

My favorite thing about the junior clinic was that the instructor Nicole was soooo nice and helped me a lot! Another reason I liked it was because I learned how to ride healthier for me and the horse. I also learned how to braid and do polo wrapping. I had so much fun doing the junior clinic. ~ Rowan Moody, age 9

Clinic Pics





Education Corner

Horse Training Videos – Horse Training Tips – Horse Training Methods

Horse Training Videos, Tips and Methods. Horseback Riding Lessons and Instruction

The Moral of the Story In Horse Training
Originally posted on July 17, 2011 by admin
REPRINTED WITH PERMISSION

This incredible story reminds me of an important horse training principle.

His name was Donald Morehouse. While in combat in the Korean War, he was shot 7 times. But 6 rounds never made it into his body due to a bullet proof vest. But one bullet pierced him. It went through his left shoulder and lodged in his right side. Wounded, Morehouse hiked to a M.A.S.H. unit to get the bullet removed. 48 years later, Morehouse had heart bypass surgery. That was in 2001. Doctors found a shocking discovery. Calcified scars showed that the .29 caliber bullet removed from his side in 1953 actually... ***"Passed through his heart!"*** Doctors said most people would've died within minutes of the wound. Morehouse walked 3 miles and lived.

The reason this has an important connection with horse training is because you often don't know just how lucky you were. Morehouse probably thought he was lucky to be alive back in 1953 – but I'll bet after the heart surgery, the surprising news really hit home. But with horses, we often don't know how lucky we have it while working with them.

Why?

Because horses are typically very forgiving and can put up with a lot of nonsense. And it's their limit you want to be careful of going past.

Trainer J.J. Rydberg has a great saying. He says: "If you're mad, the horse is already mad!"

Why does this matter?

First, you can't fight the horse.

You will not win.

And if you have a battle going, then you don't want to lose it because you'll teach your horse he can do what HE wants.

So the trick is, don't get in a battle in the first place.

Thus, here's some things to think about.

If you're working with your horse be aware of signs that he's getting unhappy.

Yes, unhappy.

Tail swishing.

Pawing.

Head bobbing up and down in a quick motion.

Tight lips.

Ears layin' back.

Teeth grinding.

Tight body.
And so on.
Will your horse show all these signs? No.
He'll likely show some of them if he's gettin' unhappy.

You know that what you're doing has started to irritate him.
Should you stop there?
Not necessarily.
You can keep trying, but be aware of his emotional state.
If you get the same signs and they're more frequent and closer together, then do what J.J. recommends.
Back off.
Let him have control and feel good.
Walk him around.
If you're riding him, ride with loose reins for a bit.
Why?
Cuz it doesn't feel good to get tugged on all the time.
Would you like it?
Heck, he may just be a horse but he doesn't like what's going on.

And if you're working from the ground, just lead him around a little. Do some things he already knows and bring his confidence back.
Before you go back to trying what you were doing, check his emotional state. If he's good, then try it again.
Remember that you may not get the response you want. You may only get a try. And you may have to live with that for the day.
And as I've said before, that's okay.

There's no reason to get in a hurry, right? After all, if you do, it'll put you way behind.

Just remember that. Getting in a hurry will put you way behind.

And this is the wisdom of J.J. Rydberg.

*J.J. teaches horse training at his local college – and I urge you to read more about him. He's quite good.
You can see more about him by copying and pasting the following link in your browser:*

<https://www.horsetrainingresources.com/dvds/jjrydberg-problem-solving/>

And here's another piece of golden wisdom J.J. will tell you.
It's easy to get frustrated when teaching a horse something at first.
Why?
Because they don't have a clue as to what you want.
But...
Keep messin' with 'em and they will.
Ok... that's it for today. Stay safe around your horses!

~ Charlie

WPDA Clinic: Equine Nutrition and Exercise Physiology
 Sunday, February 10, 2019 | 1:00 p.m.
 Westminster Presbyterian Church | 2040 Washington Road, Pittsburgh, PA 15241

Registration Form

<u>Price Information</u>	<u>Member: WPDA, Pony Club, 4-H</u>	<u>Non-Member</u>
Pre-Registration	\$15	\$20
At the Door	\$20	\$25

Please send your registration form and payment (cash or check) by Friday, February 8, to:
 Janis Baumann, WPDA Education Chair
 1369 Old Meadow Road
 Pittsburgh, PA 15241
 janispbaumann@gmail.com
 Checks payable to: WPDA

Number of tickets purchasing:

Full Name:

Guest Names:

Email:

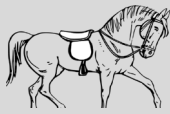
Dietary Restrictions:

If you and your guests are a part of the following organizations, please let us know in the table below:

<u>Organization</u>	<u># of Members</u>	<u>Name of Club (if applicable)</u>
WPDA		
Pony Club		
4-H		

Pricing Summary

<u>Price</u>	<u>Number of tickets</u>	<u>Total</u>
Member - \$15		
Non-Member - \$20		
	<u>Total</u>	



Officers & Directors

WPDA Officers:

Pam McCready, President (2019 + 2020) , 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

Kaley Tomsic, Secretary (2019 + 2020), Greenmoor Commons Equestrian Center,
dakotaequineenterprises@gmail.com

Board Directors:

Jan Baumann (2019 + 2020), Greenmoor Commons Equestrian Center,
jpbbaumann@comcast.net

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

Stephanie Bitz (2019 + 2020), Headacres Farm, sjbitz@gmail.com

Tina Vensel (2019 + 2020), 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 – Hanna Huddec, huddechanna@gmail.com

Jr. Secretary – Maggie Goddard, meg5901@psu.edu

Jr. Team Competition Co-Chairs – Grace Baierl, catskillnola@icloud.com

Jr. Team Competition Co-Chair - Erin Vensel, erin.vensel322@gmail.com

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

