

Transitions – A Publication of Kansas Dressage and Eventing Association

Minutes of Meeting – February 5, 2007

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The meeting was called to order by President Jocy Prochaska. Present were Jan Laware, John & Sue Clarke, Pam Wrona, Gale Mathus, Maribeth Willard, Sherry Engel, Raylee Wallace, Katherine Wallace, Lisa Sutherland, Melanie Violette & son Michael, Susan Lang & Teresa Jones.

Minutes: It was moved by Pam Wrona, seconded by Raylee Wallace that in the future, the minutes from the prior meeting would not be read, but that members should read them ahead of the meeting for comment/corrections. The motion passed, and the December minutes were approved with one correction: Sue Clarke received her KDEA Silver, not her USDF Silver medal.

Membership Report: Maribeth Willard reported that KDEA has 56 members as of today. Last year we had 65 at this time.

Treasurer's Report: This section is not reported in the online posting. Please contact Maribeth Willard if you need details.

Old Business:

New Dressage Arena. The new dressage arena has been ordered and is coming. We are still looking for a used trailer - it needs to be at least 14 feet long, and could be a stock trailer (which we could enclose). It was discussed that a stock trailer would be cheaper, but that a double axle would be more insurance and a single axle wouldn't need to tag. Susan said whoever pulls it would be using their insurance. John Clark said a double axle would be more stable and the license would be about \$20/yr and the insurance would be about \$150/yr. We will keep looking. Jocy Prochaska suggested we use the trailer for advertising.

Schooling Shows. Jocy Prochaska reported that she is still working on getting a secretary and manager for the schooling shows. She does have

Kansas Dressage and Eventing Association

A Group Member Organization of
the
United States Dressage Federation

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Deadline for submission: The first
day of Feb, Apr, June, Aug, Oct
and Dec

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Minutes of Meeting – Continued. judges for each show: Rebecca O’Bea, Peggy Blair and the last judge has now had to cancel. Jocy is looking for a judge for the last schooling show, and will call Robin Hessel, who agreed to be a back up judge.

Recognized Show News. Susan Lang and Maribeth Willard gave a report on the recognized show. Sponsor letters will go out soon, with various sponsor opportunities (lowest is \$30 each). Susan suggested that members submit potential sponsor names to her (perhaps from flyers you get in the mail) so sponsor letters can go out by Feb 17. The sponsor forms will be available soon, and any member can start prospecting for sponsors. Lisa Sutherland asked if “Good Luck” sponsors will still be accepted, and they will. Susan will “advertise” this in the newsletter.

Marybeth Willard and Susan Lang both checked into insurance as related to our recognized show. For this year, we can still just insure our recognized show on the same policy as our club, but that may change as USEF clarifies its legal position on carrying of insurance for shows. They also looking into insurance coverage for a volunteer driving a judge to/from the airport, and no insurance company will write a separate policy for this –it would be covered by the driver’s individual policy.

Also discussed as related to the recognized show is the need for night security. Jocy has a possible “in” on someone who could do this for us (10 or 11pm to 6am Fri/Sat) and we can also check with the Reno County and Hutchinson police depts.. Maribeth has built in \$25.00 per hour cost for security into this years’ show budget.

Pam Wrona is ordering ribbons and awards for the recognized show, and she will be ordering before 2/15/07 to get the 10% discount.

Awards: Pam Wrona, awards chair, discussed that all 2006 awards (except one) were earned with average scores above 60%. It was discussed that in the future, a 60% score will be required to qualify for an award but after discussion it was decided that FEI level Horse of the Year will remain 57%. Pam also discussed that she will separate schooling and recognized show awards, and that if someone won a Horse of the Year award at recognized level, they should not be eligible to win the schooling show level as well. It was moved by Gail Matheus and seconded by Susan Lang that the % be changed to 60% - motion passed. Pam also indicated that based on the last meeting, we would be adding a “Starter” level to the schooling shows, so we will also offer an award for the Starter level.

New Business (Misc): Jocy Prochaska said Rebecca Rigdon and John Staples will both be teaching at the Equifest this year which will be 23-25 Feb. The dressage tests are new for 2007, but the eventing dressage tests for 2006 are still current. Insurance for the club and the recognized show has been submitted and paid.

Lisa Sutherland is the new pony club liaison. We again discussed the inclusion of a “Green as Grass” or “Starter” division in our schooling shows, to use the 2007 Intro Tests as the dressage test. We also discussed what gymkhana events to hold as an incentive to get Pony Clubbers to attend our schooling shows – we decided on the keyhole and the pole bending, and Carla Dolatta stated she had the necessary “props” for these classes. These classes will be at day’s end.

Education Committee: Sherry Engel reported that the Ride A Test is going to be March 31 at Briar Fox Farm. She asked if Gail and Susan would judge the Ride A Test, and both agreed. Sherry Engel moved and Pam Wrona seconded that the club pay the going rate (\$125 to \$150) to both Gail and Susan, and the motion carried. Sherry stated if they wanted to donate back all or part of their fee to the club, that was up to them to do so. There will be a Stadium and X-C clinic on April 1 with Becci Moore, also a Briar Fox. Lisa Sutherland will get Susan Lang the Pony Club mailing list so that they can be included in the mailings for our shows.

Sherry Engel said Gail is looking into Free Style Clinic, and Gail Mathus picked up freestyle information at the USDF convention that you can view on Lunatunesfreestyle.com...The clinician is Cynthia Collins from Victorville, CA. The cost would be somewhere around \$75.00 per rider per day, and the per day fee would be applicable toward a finished freestyle (if ordered). The approx cost for up to 4th level is \$700 with Grand Prix at \$900. Cynthia would also be willing to give a lecture on Friday evening for 1 ½ hours. There is a possibility we can get a grant from either the Vi Hopkins fund or from the Dancing Horse Fund (for sound system equipment). Gail will look into member interest, potential dates, location, airfare, meals, etc. It may be that the fee for the lecture could be paid out of the Educational fund. We will also have to check that no other freestyle clinics are being held in the area that might limit our draw from outside the Wichita area. So far, the only possible date is June 30 to July 1, unless we want to do “late in the year.” Jocy Prochaska also discussed perhaps getting Carol Wilson from Meriden, KS down for a T-Touch Clinic or Centered Riding clinic. There is a possibility we could apply for an Adult Education grant through

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USDF. Carol Wilson is \$500/day +travel, and she wants to work with no more than 6 rides a day, plus an eve lectures. She can work with you on your horse, or on another horse, and she need \$100 as a deposit to guarantee a date. Carol will be a presenter at Equifest.

Minutes of Meeting – Continued. Lisa Sutherland suggested that we have another Spa Barn day. Could offer acupuncture, saddle fitting, chiropractor, bio-scan, t-touch and massage. Lisa also mentioned a 5 May Pony Club trailer loading clinic at Selby Stables and wants to open it up to KDEA. Lisa also suggested re-naming our KDEA Schooling Show to include gymkhana. It was decided to name it “KDEA Schooling Show – offering dressage, combined test and games.” This was moved by Lisa Sutherland, seconded by Raylee Wallace. Motion passed.

Teresa Jones asked that addresses not be displayed on outside of our mailings. Susan will move the officer/board list to inside the newsletter.

John Clark asked about sharing a booth at Equifest, but John Staples has not been told he would be getting a booth (we could possibly have shared with him).

Next Meeting: April 2nd at the home of John and Sue Clark’s house on 222 Hillside, Wichita, Kansas. Pam Wrona moved to adjourn, Raylee seconded; motion carried. Thank you to Gail Matheus for hosting the meeting.

President’s Message – Well gang, looks like we lucked out this month. That little ground hog “Punxsutawney Phil” didn’t see his shadow after all. Yippee!! My horses are definitely happy, because if he had gotten this one wrong they may have trampled his little furry tush into the ground. I must say before I begin my topic that last year was a terrible year for some of us, I was glad to see some of the faces who showed up to the February meeting. I applaud those who have supported your less than fortunate members during their time of need. Maybe our hardships are a way of inspiring us into the New Year. Keep your chins up out there!

Topic - Have you ever felt that you and your horse should be able to form a better partnership? Do you want your horse to look at you as someone they can trust with their life?

I think we could create a better relationship with our horses if we would only try to understand their intentions. The horse is a simple animal. It is built, bred, and brought up to survive. They are a herd animal at heart. The horse is a very sensitive animal and should not be pressured to the extent that they feel they need to escape. Since we have taken away the safety from the herd, it is our responsibility to give them the safety and the guidance they need.

Most horses are looking for a leader that will take care of them. Even though the leadership role in a herd is stressful, a horse is not willing to hand their life over to “just anyone.” The individual that assumes this responsibility needs to be someone who can take care of the herd: not to own them, but to respect their likes and dislikes, and guide them in the areas they have trouble coping with.

The horse is so concerned about its survival that he will test a person who claims they are “boss.” In order for you to be accepted as the leader, the horse will need to trust you, your judgment, and your respect for them. When a horse tests you, keep in mind this is for survival purposes, no matter what they are doing. This is where you can earn a lot of respect!! Your horse needs to know if you will lose your temper or give up on him. If you do not follow through

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consistently, they will know that THEY needs to be the leader. Their life depends on it!

A quality that horses respect is truth. How many times have you heard “leave your problems at the gate?” When you leave your problems at the gate other people may not know about it but your horse, who is very sensitive, knows you are hiding something. They will not know what to expect and may not trust you. They will respect you more if you show them what you are feeling inside, and they might even want to help you work through your problems. Keep in mind that some emotions are threatening to a horse, such as anger or uncertainty. It will help you a great deal if you pay attention to how your horse deals with your emotions.

Remember, offer a horse your heart and with it, tell them of your spirit, your dreams, and what you want from the relationship, and they will tell you what they want if you are listening. Horses are meant to be our equals, as another spirit journeying with us in the world. We need to take the time to truly convince them that we too can “play” with trust, respect, and fun.

Good Luck in 2007, let’s have fun out there!!!! Sincerely, Your President

New Dressage Tests for 2007 – Don’t Get Caught Riding the Wrong Test!

2007 Dressage Tests. As you are already aware from the last issue of Transitions, the new 2007 dressage tests are available at the following link:

<http://www.usef.org/content/equestrianSports/disciplines/international/dressage.php>

There is a booklet of dressage tests that can be ordered from the USEF and the order form can be found at <http://www.usef.org/documents/disciplines/dressage/DressageBookletOrderForm.pdf>. At some point in the future, Whinny Widgets will be producing the Instructors’ Book (has all the tests) and the individual “Level” tests. Check your mailbox for a catalog selling these books.

If you need copies of any the Walk Trot tests before the schooling show, contact Susan at 316-634-6738 and she can snail mail them to you.

KDEA Schooling Show Dates – 2007 – Put these on your calendar!

March 31 – KDEA Ride A Test (at Briar Fox)

April 1 – KDEA Stadium and X-C Clinic (at Briar Fox)

Schooling Shows – At Windermere

May 12

July 14

Sept 15

June 2-3 – USDF/USEF Recognized Dressage Show

Hutchinson, KS

Region 4 ListServe – If you are interested in joining the USDF Region 4 group, use the email address below. This email group provides information on shows, closing dates, clinics and other Region 4 events. Just send a message to usdfregion4-subscribe@yahoogroups.com to join. If anyone has any difficulties please have them contact Mary Nemecek at msnemecek@aol.com.

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Strength Training for Dressage Horses – by Dr Hillary Clayton

“Strength training for dressage horses is an important means of improving competitive performance and reducing the risk of musculoskeletal injury. In this session, the clinician will cover general principles of strength training, including the intensity of the exercises, number of repetitions, and the frequency of workouts. In addition, she will also describe the methods of strength training suitable for dressage horses at different levels of training as well as the practicalities of incorporating these exercises into a training program.

Dr. Hilary Clayton is a veterinarian, researcher and rider. For more than 30 years she has researched equine biomechanics, conditioning for sport horses, and the interaction between rider and horse. Her research involves using sophisticated equipment and computer programs to analyze the horse's gaits and movement patterns. She has published five books and many scientific articles on these topics. Dr. Clayton is a past president of the Association for Equine Sports Medicine, and a former board member of the American Association of Equine Practitioners. “ Excerpt from the USDF Adequan/USDF National Convention program

The following is a summary of her presentation at the USDF Convention, taken from my notes - Susan Lang

Activity Levels of Young Horses – as related to Strength Training

Studies have shown that foals out on pasture spend their time in the following activities:

- Walking – 10.7%
- Trotting -- .2%
- Cantering -- .5%
- Grazing – 32%
- Standing – 34%
- Lying Down – 21%

If you look at the various structures of the foal, the question is which ones of these structures can adapt whether the horse is mature or immature, and which structures can only adapt when the horse is young?

Can They Adapt?	<u>Immature</u>	<u>Mature</u>
Bone	Yes	Yes
Cartilage	Yes	No
Muscle	Yes	Yes
Tendons	Yes	No

What this tells us is that for mature horses who have not had the optimal conditions to develop their cartilage and tendons at an early age, no matter what we as owners of that mature horse do, we are not able to strengthen or stabilize the cartilage and tendons in that mature horse. Exercise and activity of foals is very important to the development of structure, and it has been demonstrated that it cannot be compensated for later in life. So – when you buy that mature horse, what do you know about how he was raised? Was the horse given the optimal conditions to develop those tendons and cartilage so that they will carry you through the dressage or jumping training you put into the horse? Foals in turnout leap and play, and they learn to move their limbs in an efficient manner, and all the while they are strengthening themselves for their under saddle work.

So what about these tendons and the cartilage? Tendons attach muscles to bone, and there are different types of tendons. Some are fibrous with no give, and others have a degree of elasticity. If you and your horse are engaged in an activity which requires great dexterity, you want the fibrous tendons so that as the muscles contract, the signals are sent to the bones without any distortion – you get very precise, exact placement of limbs. The other type of tendon, the elastic type, can store energy (stretch and recoil) and create the power in your horse.

In the lower limb, the fibrous tendons are the deep digital flexor tendon and the extensor tendon. These tendons do not stretch when they are loaded, as they are used to place the limbs and transmit muscular forces (these are the precise tendons). The elastic tendons in the lower leg are the suspensory and the superficial digital flexor tendon. These tendons have very high elasticity and as they stretch and recoil, they store and release energy.

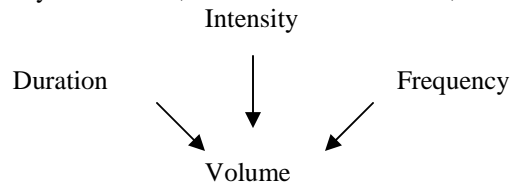
The elastic tendons can only store and release energy during the stance phase (i.e. not during flight or suspension), and these are the tendons that are most likely to be injured through repetitive use injuries (sprains, bowed tendons, pulled suspensories). Fatigue is a major cause of injuries, and it depends on the amount of speed

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and the amount of flexion (pastern to the ground after a large jump) as to when fatigue occurs. The race horse may experience fatigue in its 3rd year of racing, while the dressage horse may not reach a fatigue level until much later in their career or training. The moral of the story is that prior to maturity the tendons can grow stronger with appropriate exercise or training, and after 2 years of age, the tendon will eventually fall victim to breakdown or fatigue. Just when this will occur depends on the young horse's exercise (and resultant strength of the tendons) and the amount/intensity of work placed on the horse throughout his competitive years.

So – the next question is when to start the young horse's work? When the horse is immature, there is a window of opportunity to affect the long term growth and development of the tendons and cartilage. However, too much work at a young age can result in damage, and the more mature the horse, the less risk of injury in the short term (older horses are not as active or potentially explosive as youngsters, who tend to get into trouble on their own). The rule, therefore, is that the earlier you start a horse, the slower you should go.

In the short term, exercise causes microscopic tissue damage, and rest days allow for repair. This is a normal function of strengthening. The long-term response to exercise is building of strength and fitness as tissues adapt to a regular workload. So just how much is the right amount of work? There is no hard and fast rule, but you must consider the intensity of the work, the duration of the work, and the frequency of the work.



Principles of Progressive Loading. When starting a new exercise, the initial sessions should be of short duration. One at a time, increase the amount of time spent in the exercise, the intensity of the exercise, and the frequency of the exercise. Each 'level' of exercise should be maintained for a few days before increasing, as the tissues must have time to adapt to the work being required. In order to avoid tissue damage, the intensity and duration of the work should be monitored, and repair be allowed by controlling the frequency of the workouts and performing different types of exercises on successive days (so as not to stress the same muscles/tendons/cartilage each day). When muscles get tired, they stop protecting the ligaments and tendons and damage will soon follow, so watch carefully for signs of fatigue and stop before you do potential damage. In addition, it is a good idea to carefully check the horse's legs both before and after work to monitor any heat or swelling which can indicate a problem and the need for a change in the exercise routine.

Preparation for Competition. When preparing for competition, the rider trains technical and mental skills that the horse needs to compete at the desired level. The rider must also condition the horse – the physiological preparation of the body systems (respiratory, cardiovascular, musculoskeletal, etc). Most agree that dressage horses do not need to spend a lot of time increasing their cardiovascular fitness, as dressage, unlike racing or cross country jumping, is not a highly cardiovascular sport. However, what normally limits the dressage horse's ability to perform is the strength of the muscles and the resulting power. The horse must have muscle strength and the force of maximal contraction. The horse must also have power, which comes from the rate of force generation. Endurance, needed for upper level dressage, is the ability to perform repeated contractions without fatigue. Therefore, dressage trainers want to subject their horses to "submaximal repetitions" not sudden, full (maximal) range of any joint or muscle. This type of strength training results in realization of the horse's full potential, as well as reduces the risk of injury.

Dr. Clayton gave the following example of the basics of strength training. Picture a man and a several-day-old calf. The man lifts the calf several times a day, finding the calf easy to lift, as it is fairly small. Every day, the man lifts the calf, and slowly increases the number of times he lifts the calf each day. The calf continues to get heavier as it grows, but as the man is slowly becoming accustomed to the increased weight of the calf, after several months of growth, the man can still easily lift the calf. This is a good illustration of strength training – the man could not have lifted the several month old calf (he would have needed maximal exertion) if he had not slowly built up to (submaximal repetitions) lifting the calf on a daily basis.

So what does this mean for the horse? Strength training involves the words repetition, series, set, and rest. A repetition is one performance of an exercise. Several repetitions are a series, and a grouping of a series is a set. The rest phase (usually walking) allows the heart rate to come back down, lactic acid to disperse, and oxygen levels to return to normal. If you allow for partial or full recovery, the horse comes back fresh for more work and there is reduced risk of injury due to fatigue. There are many ways to accomplish strength training, including work on a grade/incline, ground poles or gymnastic jumping, variety of terrain, weights, and sport-specific movements.

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With sport-specific movements, the goal is the use of an interval-training format, within the daily training, to strengthen the muscles and structures needed for the competitive movements. With interval training, the rider applies progressive loading, with an increase in intensity, duration, and the number of repetitions. For example, to increase the horse's carrying power and collection, the horse is ridden on a 10-meter circle, with 8 steps of collection. The rider then repeats 3 circles, each with 8 steps of collection (a set). The rider may repeat this (set) three times within the session. Eventually, the rider does 4 sets (of 8 steps on 3 circles) to increase the work, and then rests. Over time, with rest days in between, the rider can increase the # of steps to 10, or increase the # of circles. The goal is to gradually increase the workload of the horse, allowing recovery from the stress of the increased work, and being observant of any signs of fatigue that can negatively impact the horse's soundness.

The Dressage Foundation

The Gifted Fund at The Dressage Foundation Helps Adult Amateurs

The Gifted Fund was seeded with Donations from Carol Lavell, received in special remembrance of her great Dressage horse, "Gifted." The Fund has grown steadily over the years, and now provides scholarships each year to benefit Adult Amateurs. These scholarships enable Adult Amateurs to set aside quality time in concentrated training with a horse they own, with a trainer of choice, away from the daily pressures of job and family. The recipients chosen to train in 2007 are listed below. Each scholarship recipient is required to prepare and submit a written report of the training experience to be shared with others. These reports contain much information, which you can read on the Foundation website at www.dressagefoundation.org. The menu located at the top of the home page lists Funds & Programs. Click on this tab to access the Gifted Fund.

The following adult amateurs have been chosen as recipients from their respective USDF Regions to receive grants of \$750 for training in the 2007 calendar year.

USDF Region 1 – Laura Serkes (VA) Laura and her horse Rosenstolz will train with Kathy Connelly. Laura is a member of Northern VA chapter, VADA

USDF Region 2 – Jennifer Storey (MI) and her horse Apollo will train with Nancy Smith. Jennifer is a member of All Dressage Association.

USDF Region 3 – Laura Crane (TN) and her horse Expertin B will train with Sarah Martin. Laura is a member of Delta Dressage Association.

A second scholarship recipient from USDF Region 3 – Marsha Allen (FL) and her horse Ferdelance will train with Patti Becker. Marsha is a member of Northeast Florida Dressage Association.

USDF Region 4 – Jennifer Brandl (MN) and her horse Privateer will train with Wm. Solyntjes. Jennifer is a member of Central States Dressage and Eventing Association.

USDF Region 6 – Helen Ferguson (OR) and her horse Galahad will train with Thomas Ritter. Helen is a member of Oregon Dressage Society.

USDF Region 7 – Christie Cooper (CA) and her horse Radetsky will train with Gayle Smith. Christie is a member of Pomona Chapter, California Dressage Society.

USDF Region 9 – Marilyn Kulifay (TX) and her horse Bacchus will train with Paul Kathen. Marilyn is a member of Houston Dressage Society.

The Dressage Foundation is a non-profit, tax-exempt organization, whose mission is to cultivate and provide financial support for the advancement of Dressage. For more information contact The Dressage Foundation at Wells Fargo Center, 1248 'O' Street, Suite 732, Lincoln, NE 68508. Phone: 402/434-8585, Fax: 402/436-3053, or email to john@dressagefoundation.org. Visit our website at: www.dressagefoundation.org

Attention! Wanted: Used Horse Trailer or Construction Trailer. Since KDEA is buying a brand new arena we need a trailer in which to store it. KDEA is looking for someone who might have an idea where we could buy a used (horse or construction) trailer (it has to be at least 14') for a reasonable cost; it would store the arena, the letters, table, chairs, etc for easy transportation to shows. Please contact Jocy at 777-1799 if you know of anything that might work for us.

Don't forget to visit the KDEA Website – www.kdea.org

New for 2007 – We will have a couple of “Pony Club games” at each of our schooling shows - \$5.00 entry fee. Check out the entry forms in future mailings.

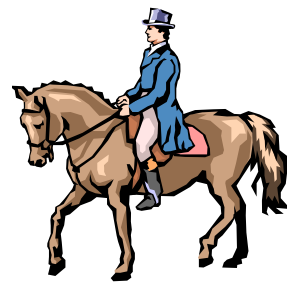
Save the Date! June 2-3

What: KDEA Recognized Dressage Show

Where: Hutchinson, KS

Why: We need competitors, volunteers, and friends to help make this show a success! If you have never been to our Hutchinson show, you are in for a treat! We have a great time, and we also have a raffle with some really great things to be had.

So plan now to come join us...and don't worry if you have no experience as a volunteer...we provide pain-free training, and you are guaranteed to make at least one new friend!



Monitor Horse Health from your Computer. United States Department of Agriculture's (USDA) National Animal Health Surveillance System (NAHSS) is a network of many Federal and State government agencies integrated into a comprehensive and coordinated system of animal health monitoring and surveillance. The overall goal of the system is to collect, collate, and analyze animal health information and to promptly distribute this information. The program is intended to improve the protection of the national animal health and to increase the efficiency of existing animal health surveillance programs. The NAHSS website contains information on all the major livestock groups, including an Equine Health Monitoring & Surveillance section. Two new web pages have been recently added to this section which can be found at <http://www.aphis.usdagov/vs/naahss/equine/>. These sites are useful for monitoring nationwide health issues of horses, such as the recent EHV-1 outbreaks in Connecticut, Florida and California.

Remember Spa Barn? Our Spa Barn was well received by the people who attended in July of 2005...and we want to know if anyone is interested in scheduling another one? Last time we had a saddle fitter, a vet who did acupuncture, a member who demonstrated BioScan, and a member who spoke about sports injuries and strengthening, and an equine chiropractor. If you have anyone you think might be an interesting presenter for the Spa Barn series, contact Sherry Engel at 775-7323

New Members. Here are the names to be added to your KDEA Roster. A new updated roster will be printed in April, so meanwhile add these names:

Georgia Alexander, 9310 E 55th St S, Derby, KS 67037 Ph 259-2014

Jennifer Grossi, 804 E 70th Ave N, Belle Plain, KS 67013, Ph 708-0060

Wendy Regier, 11912 NW 170th St, Newton, KS 67114, Ph 799-2147

Melanie and Patrick Violette, 1501 N Sport of Kings Ct, Wichita, KS 67230, ph 218-1129

NEXT KDEA MEETING

Next Meeting: April 2, 2007 at 6:30 pm at the home of John and Sue Clarke, 222 Hillsdale, phone 218-0761.

Directions: From 143rd and Kellogg, go north on 143rd. Turn right/east on Cardinal to Hillsdale. Follow Hillsdale to 222 – house has a circle drive and is on the right.

Topics: Schooling shows, Hutchinson show, clinics.

Just Another Day

My girlfriend Amy needed to borrow my truck to pick a horse up in Dallas. She offered to trade trucks with me. Of course I agreed, no big deal. We switched the trucks on a Thursday and I drove home. I ran all my errands in her truck Friday and headed to the barn Saturday morning to switch back the trucks.

As I headed up Greenwich Road (from Derby) I noticed a cop following me closely and then the dreaded lights went on and he pulled me over. It went like this:

Can I see your license? Of course. Is this your truck? No, it isn't.

Who does the truck belong to? Here's where it gets tricky.

I think it belongs to John Doe* in another Kansas city.

YOU THINK?!! You don't know? Um, I traded trucks with my girlfriend.

Do you have any idea why I pulled you over? No, not at all.

Step out of the truck. Follow me back here. We stood looking at

The back of the truck. He finally pointed out that the tags were

Expired. I mistakenly thought this was an easy fix. **Oh No!**

He said, I can take you to the County Jail right now. I'm not even

Going to ask if you have insurance, because if you don't I have to

Take you to the County Jail. This girl is no friend of yours, she

Didn't want to be caught without tags. Oh, no, I tell him. She only

Had two bolts holding her trailer hitch in and needed my truck and

Hitch to haul the horse home from Dallas. He looked at me like I was

An idiot and told me to drive straight back to Derby, park the truck and not drive it again until

the tags were renewed. Me being me, said but

I'm much closer to the barn, couldn't I just take it there and get my

Truck. He looked at my like I was stupid and said, **NO**, drive this

Truck home and park it because the next cop that pulls you over won't

Be as warm and fuzzy as me.

While all this was happening, I am thinking "I have to call Rebecca and ask her to ride Metaphor since I'm in jail waiting to be bailed out" and "I have to have Ted find his way to the county jail, bail me out so I can be hostess at the company Christmas party that night at our home.

Needless to say, this episode got a lot of laughs at the clinic that weekend and at our Christmas party. And, by the way, the new stickers for the tag was on the underside of the visor—just hadn't been put on and I discovered he could have called it in and found out they had indeed be renewed.

*name has been changed to protect the innocent.

IMPORTANT AWARDS INFORMATION

In this newsletter is a copy of the new awards requirements. Please read this over before you start your show season, as there are changes and new awards.

Also, the number one requirement to remember is you must be a KDEA member at the time you earn a qualifying score, and you must register for recognized show awards prior to earning that first score.

Qualifying "season" for awards will be as follows:

Schooling Shows: November 1, 2006 to October 31, 2007

Recognized Shows: November 1, 2006 to October 15, 2007

Also, I do have a spread sheet of who has signed up for each award and/or medal, so feel free to call me if you want to check on what you are signed up for.

Transitions – A Publication of Kansas Dressage and Eventing Association

**You do not have to sign up for schooling shows! Pam Wrona, Awards Chair –
788-3591**

Calendar of Events – 2007

If you have anything to add, please contact Susan

- Feb 23-25 Equifest of Kansas, Wichita, KS. This is the 10th year, and clinicians are being brought in from the local/regional area to teach this anniversary year. Teaching dressage will be Rebecca Rigdon and John Staples will be teaching Hunter/Jumpers. Steve White, long time Arabian trainer and horseman, will also be a presenter. For more info, go to www.equinepromotions.net or www.kansashorsecouncil.com
- Mar 9-11 Sarah Martin dressage clinic at Trish Kaufman's. Contact Barb at 630-0164.
- Mar 17-18 BFF Shamrock Dressage and Horse Trials and Dressage Clinic.
- Mar 17-18 Kansas City Dressage Society dressage show, Topeka, KS
- Mar 17-18 Allyson Wilson dressage clinic at Windermere
- Mar 25-26 USDF Adult Clinic, Ashland, NE. Clinician: Jane Savoie
- Mar 30-Apr1 Buck Davidson eventing clinic, Kansas City.
- Mar 30-Apr1 Rebecca Rigdon clinic at Windermere. Contact Pam at 788-3591
- March 31 KDEA Ride a Test at Briar Fox Farm. See entry in this newsletter**
- April 1 KDEA Stadium and X-C clinic at Briar Fox Farm. See entry in newsletter**
- April 2 KDEA Meeting, 6:30pm. See location listed in newsletter.**
- Apr 6-8 Lena Wedenmark Clinic in Ponca City, OK. Contact Susan at 634-6738
- Apr 14-15 Briar Fox Farm Spring Dressage, Augusta, KS. Betsy Berrey, Judge.
- Apr 20-21 World Cup Dressage and Jumping – Las Vegas, NV
- May 5 Trailer Loading Clinic at Selby Stables, sponsored by Pony Club. Contact Lisa Sutherland at 733-5815
- May 6 Tentative date for KDEA Stadium and X-C Clinic at Briar Fox**
- May 5-6 Kansas City Dressage Society dressage show, Longview Horse Park
- May 5-6 Oklahoma Dressage Society Spring Show, Shawnee, OK
- May 12 KDEA Schooling Dressage Show and Combined Test at Windermere**
- May 19-20 Wild West Dressage Show, Tulsa, OK
- May 26-27 Briar Fox Farm Spring Horse Trials, Augusta, KS. Contact Tim Griest at 775-5512
- June 2-3 Kansas Dressage and Eventing Association Spring Dressage show at the Kansas State Fairgrounds, Hutchinson, KS. Judge: Bev Rogers. Contact Susan at 316-634-6738**
- June 7-10 Wheat State Regional Morgan Horse Show, Kansas State Fairgrounds, Hutchinson. Dressage: Thursday. Judge: Rebecca Rigdon. Contact Susan at 634-6738.
- June 16-17 Rebecca Rigdon dressage clinic at Windermere. Contact Pam at 788-3591.
- June 16-17 BFF Summer Dressage Show, Augusta, KS. Contact Tim at 775-5512
- July 7-8 Briar Fox Farm Summer Dressage Show, Augusta, KS. Contact Tim 775-5512
- July 7-8 Kansas City Dressage Society dressage show, Longview Horse Park
- July 14 KDEA Schooling Dressage Show and Combined Test at Windermere**
- July 28-29 Briar Fox Farm Summer Horse Trials, Augusta, KS
- Aug 18-19 BFF Sunflower Dressage & Horse Trials and Dressage Clinic, Augusta, KS
- Aug 18-19 Rebecca Rigdon dressage clinic at Windermere, Wichita, KS.
- Sept 1-2 Briar Fox Farm Dressage Show, Augusta, KS
- Sept 15 KDEA Schooling Dressage Show and Combined Test at Windermere.**
- Oct 13-14 St Louis Area Dressage Society USDF/GAIG Region 4 Championships.
- Oct 20-21 BFF Octoberfest Dressage and Horse Trials and Dressage Clinic
- Nov 3-4 Briar Fox Farm Fall Horse Trials, Augusta, KS.
- Nov 29-Dec 2 USDF Convention in Orlando, FL. No symposium on Sat/Sun.
- Dec 3-7, 08 USDF Convention in Denver, CO. Includes a Symposium on Sat/Sun.
- 2010 World Equestrian Games, Lexington, KY



More dates and competitions shown on the KDEA website at www.kdea.org

KDEA Officers and Board Members for 2007

President:	Jocy Prochaska, 7200 E 103 rd St S, Mulvane, KS 67110	777-1799
Vice Pres	Kathy Massey, 9101 S Greenwich, Derby, KS 67037	788-4896
Secretary	Teresa Jones, 425 Pecan Lane, Derby, KS 67037	788-4306
Treasurer	Maribeth Willard, 16137 SW Tawakoni, Rose Hill, KS 67133	776-9725
Board:	Raylee Wallace – 775-6195	Sherry Engel – 775-7323
	Lisa Sutherland – 733-5815	Susan Lang – 634-6738
	Mary Checots – 775-1778	

<p>Kansas Dressage and Eventing Association is a USDF Group Member Organization All KDEA members are automatically USDF Group Members.</p>
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