

St. Louis Area Dressage Society

GMO



GROUP
MEMBER
ORGANIZATION

HOOFPRINTS

St. Louis Area Dressage Society



February 2006

*SLADS is a USDF Charter Group Member organization.
This organization's members are automatically USDF Group Members.*

President's Message

Members,

This is my first message as your new President. I would like to thank Dawn White for being a strong leader for SLADS. She is a respectable woman who took a leadership role with dignity and class. I am thankful she will continue to work with the board over the next year.

2006 will bring many opportunities for members to learn, collaborate ideas, and enjoy each others company at several events we will be hosting. Michele Inman is preparing some of the last details involved with the quarterly symposiums. Please read her letter to members in this issue of the newsletter. Also, pay attention to updates on the website and future newsletters for further details regarding the symposium. The symposiums are not limited to only SLADS members. Please feel free to tell friends, colleagues, or riding buddies that you would like to invite.

Congratulations to all the winners at the 2005 End of Year Banquet. The awards were well deserved. Thank you once again to Jessie Fee for putting on a spectacular event. I can't imagine how difficult it must be to coordinate an event like this and also be in vet school. We appreciate it!

I encourage all of you to take ownership in your organization this year. SLADS is alive because of its members. Remember our mission and take pride in what we do. Including myself, we should never take advantage of the opportunities SLADS offers us and our horses. Make a personal goal this year to tell one person you know about SLADS and introduce them to our organization. Increasing our membership will allow SLADS to reach new heights.

Lastly, please volunteer this year. You, the members, are SLADS! Use this opportunity to meet members you don't know and come together as a team. "The Men of SLADS" will be making there way around volunteering at some of the events this year. There will be various new incentives for volunteering this year.

I hope to meet many of you at events this year and look forward to working with you.

It's going to be a great year!

Colleen Murphy-Quattlebaum
President

In This Issue

- Eckart Meyners Article #7
- Updated Calendar of Events
- Information on Symposiums
- Gerhard Politz Dressage Clinic
- Pilates for Equestrians

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fafeetza@hotmail.com

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Leslie Granger 636-458-2863
lesliegra@aol.com

St. Louis Area Dressage Society

Calendar Of Events

February

3-5

Brad Cutshall Clinic at Corinth Valley Farm & Veterinary Service, LLC. Call 573-308-0275 or 573-467-7174.

11

St. Louis Healthy Horse Seminar and Swap Meet. Held at the St. Clair Auction Barn. Contact Mary Hampton at 636-208-8670 or 573-749-0040 for more details.

24-26

EQUIFEST of Kansas 2006 at the Wichita, Kansas Coliseum. More info: 765-655-2107 or www.equinepromotions.com

March

3-5

Brad Cutshall Clinic at Corinth Valley Farm & Veterinary Service, LLC. Call 573-308-0275 or 573-467-7174.

25

SLAD Symposium I. Location TBA.

April

7-9

Gigi Nutter Clinic. Learn more at her website: www.touchofarm.com. Contact Laurie at jklfarm@earthlink.net for more information.

8-9

Paul Belasik at Hamilton Stables. Contact Mimi Garner Gerrard at 314-315-0923 (day) or 636-300-9553 (evening) or email mgarner@att.net.

28-30

Brad Cutshall Clinic at Corinth Valley Farm & Veterinary Service, LLC. Call 573-308-0275 or 573-467-7174.

May

20

Dressage Schooling Show held at Briar Bank Farm. Contact Gay and David Anderson at 618-887-4439 or briarbankfarm@juno.com.

26-28

Brad Cutshall Clinic at Corinth Valley Farm & Veterinary Service, LLC. Call 573-308-0275 or 573-467-7174.

June

2-4

SLADS Summer Festival I and II held at the National Equestrian Center. Show manager Gerri Muldrow.

23-25

Brad Cutshall Clinic at Corinth Valley Farm & Veterinary Service, LLC. Call 573-308-0275 or 573-467-7174.

August

11-13

Brad Cutshall Clinic at Corinth Valley Farm & Veterinary Service, LLC. Call 573-308-0275 or 573-467-7174.

August

12

Dressage Schooling Show held at Briar Bank Farm. Contact Gay and David Anderson at 618-887-4439 or briarbankfarm@juno.com.

October

7-8

SLADS Fall Festival held at the National Equestrian Center. Show manager Gerri Muldrow.

November

10-11

Brad Cutshall Clinic at Corinth Valley Farm & Veterinary Service, LLC. Call 573-308-0275 or 573-467-7174.

To post your event to the SLADS calendar, email Colleen at fafeetza@hotmail.com.

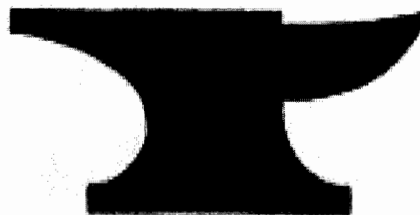
Support our Corporate Sponsors:

A special thanks to
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Homestead Veterinary Clinic
The Horse of Course
Mid Rivers Equine Clinic
for their support and sponsorship!

Best of Luck in Your Equestrian Endeavors

★★★

Mark J. Hemmer



**AMERICAN FARRIERS ASSOCIATION
CERTIFIED JOURNEYMAN FARRIER**

Member A.F.A., Mo.F.A., L.L.H.A

Hoofprints

St. Louis Area Dressage Society

SLADS ANNOUNCES NEW SYMPOSIUM SERIES

SLADS is proud to announce a new program called the SLADS quarterly symposium to feature local professional talent in the area. The symposium was conceptualized based on the idea that SLADS members can benefit from our local skilled professionals in an economical, convenient and accessible way. We realize that there is a large pool of dressage talent within our very own SLADS organization. The symposium format allows us to:

- 1) Provide a forum for the professionals in our area to share their knowledge in a cooperative way to help grow the knowledge and skills of our dressage enthusiasts
- 2) Provide an accessible and economical way for the knowledge of these individuals to be spread among our membership
- 3) Create a fun, entertaining and learning environment that will benefit all SLADS members, whether they be riders at all levels, spectators, volunteers, or just interested parties

The format of the symposium is mirrored after the USDF annual symposium. Each quarterly symposium will feature a different theme or topic to be determined prior to each symposium's announcement. The theme will guide the individual discussion topics that will be covered throughout the day. The basic format will consist of a panel of professionals (including trainers, competitors, breeders, etc), demonstration riders, and a question and answer session. The discussion topics can be anything from the development of the young horse, exercises to develop Grand Prix movements, dealing with or correcting bad habits in horses, impulsion versus propulsion, thoroughness, training pyramid, fear in both horse and rider, etc.

The first symposium is still in the planning stages. However, mark your calendars with the following information:

Date: Saturday, March 25, 2006 (to be confirmed in the next newsletter)

Length: One day

Location: West County location (facility to be named in the next newsletter)

Topic: How and why dressage benefits every horse and rider (discussion topics to be determined)

Cost: No cost. Lunch and refreshments will be provided.

More details will follow in the next newsletter. The panel will be announced as well as the confirmation of the date and location of the symposium.

Thank you to the following companies and individuals who made a donation to the silent auction at the banquet:

Tyson & Colleen Quattlebaum, Sharon Null, The Chronicle of the Horse, Golden Horse Shoe Tack Shop, Loose Ends LLC, Pam Weber, Fresh Start Farm, Catlin Farm, Kraft Foods, Dicky Bub's, Hair Etc., Julie Ray, The Cafferata family, The Tack Room, Hamilton, SLADS, Ben Franklin, and Christina Steffen.

We raised over \$500 at the auction!

CROSS-TRAINING for the RIDER! – More Exercises


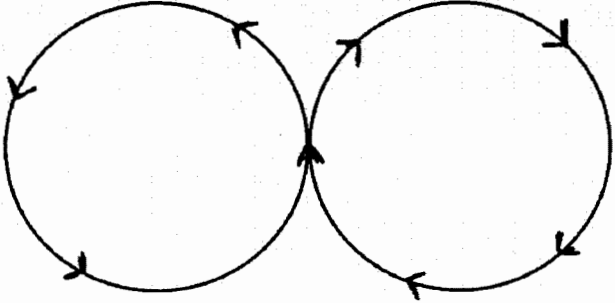
From Eckart Meyners Work, Translated by Tanya Boyd

Cross training activities improve riding. Each month we will highlight a different exercise for riders.

Figure Eight

Exercises off the horse are an excellent method to improve your coordination. The figure eight can be done both on and off the horse. This is good for everyone, but those who have trouble with using different parts of the body, each performing a different action, will find this exercise worth doing at least once a day. It is important that your eyes follow the eight, that the center of your eights is at your center line, and that they always begin counter clockwise.

EXERCISE OF THE MONTH

	
<p>Starting position for Figure 8: You can use your thumb, or point your first finger. Your starting point should be at the level of your comfort, but directly in front of you.</p>	<p>Movement of the Figure 8: This eight is shown, as though you are standing facing this eight. Once you establish comfortable position for your arm, you begin up and too the left (or counter clockwise). It is important to always begin counter clockwise.</p>
<i>Art by Susan Carlson</i>	

Eckart Meyners is a Professor of Sports Physiology and Body Movement at the University in Lüneburg., Germany. Over the past 25 years he has dealt with issues of how people learn movement in riding, and has worked with the German FN to develop curriculums for professional and amateur riders, trainers, instructors, and judges. He is known throughout Germany as an expert in the area of how to teach movement.

Eckart Meyner work is being brought to North America by Equestrian Education Systems, Inc. EES is an organization that offers a collection of tools and services dedicated to promote personal and professional development.

For more information: www.equestrianeducation.org or call 406.626.1947

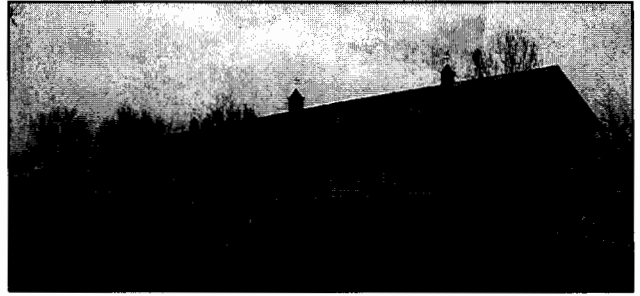
ADVERTISEMENT INFO

Deadline for ads is the 5th of each month. Ads should be submitted with full payment. There is an extra charge for ad setup and photo processing. Camera-ready ads are appreciated.

Rates are:

- \$5 for business card \$15 for a half page
- \$7.50 for a quarter page \$30 for a full page

Make all checks payable to SLADS and mail to:
Colleen Murphy-Quattlebaum
585 Hilltop Townes Drive Eureka, MO 63025



EQUESTRIAN CENTER FOR SALE

List Price \$599,000 MLS #175913

- Located 8 miles east of Quincy, IL
- 10,680 sq. ft. barn w/135' x 60' indoor arena
- 8 Southern-Pine stalls on center aisle
- "Groom's quarters" apartment with observation lounge/loft bedroom
- Outdoor 80' x 190' arena
- 4 separate paddocks, total acres 20.29
- Currently a training/boarding facility and equine-therapy equestrian center
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Contact Kathy Schachtsiek, Sales Associate
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See VIRTUAL TOUR at www.century21broughtonteam.com



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St. Louis Area Dressage Society

Sports Psychologist Teaches Mental Preparedness at Illinois Horse Fair March 3-5

Competitors of all breeds and disciplines will get a "heads up" on their competition by seeing DePaul University's sports psychologist Dr. Morgan Wolin, a showing veteran herself, teach how to develop a mental approach that leads to winning at the 18th annual Illinois Horse Fair, March 3-5, at the state fairgrounds in Springfield.

Also appearing at Illinois Horse Fair is Chris Cox, the common sense horseman from RFD TV, and nationally known trainers hosting riding clinics in Western trail class (Tim Kimura), reining (Ruben Vandorp) and saddle seat equitation (Fran Crumpler), for an outstanding educational program presented by Purina Mills, Midway Trailer Sales, John Deere and Morton Buildings.

"Winning Requires Mental Preparation: Get Yourself Ready" attendees will learn the mental aspects of competition – the role of psychology in improving performance – and how to prepare mentally as thoroughly as they and their horses prepare physically. They will learn how to enhance levels of performance and deal with issues ranging from performance anxiety to competitive pressures and media and coaching. The seminar will be Saturday and Sunday, March 4-5, in the lower level of the Livestock Center at Horse Fair.

Dr. Wolin works with athletes of all ages, including amateur, elite, collegiate and professional. At DePaul in Chicago she advised 175 different athletes in ten different Division I sports. Clients include professional basketball players, nationally ranked tennis players and middle aged golfers. She believes athletes at all levels need to be prepared mentally, and her background with horses enables her to draw direct ties to the challenges of equestrian competition.

In addition to expert trainers and clinicians, the three-day all-breed expo and industry tradeshow presents breed and sport demonstrations, Stallion Row and Parade, more than 120 horses in the Horses-ForSale aisles, 140 equestrian vendors, nearly 100 horse trailers on display for sale and a full schedule of educational seminars by regional experts.

Tickets to Horse Fair Advance tickets may be charged to Visa or MasterCard; tickets at the door are cash only. One-day ticket is \$12 adult, \$6 child/senior; weekend pass is \$20 adult, \$10 child/senior. To purchase advance tickets, print a ticket order form from www.HorsemenCouncil.org, call the Council office at (217) 585-1600 (ask for Bonnie or Kenneth), or email BChandler@chha.net. A complete schedule of events is printable from the website.

To Exhibit at Illinois Horse Fair

For information on exhibiting, contact Joy Meierhans, Horse Fair Manager, at (630) 557-2575, or email JM@TheMeierhans.com.

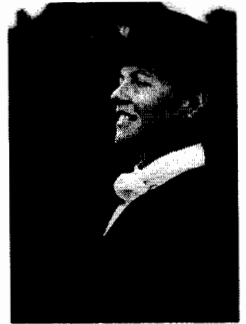
Illinois Horse Fair is produced by Horsemen's Council of Illinois, the state's "organization of equine organizations" and individuals. HCI is the state affiliate of the American Horse Council and strives to provide centralized and representative leadership for Illinois' 77,000 horse owners, 213,000 horses and its diverse \$3.8 billion-dollar equine industry.



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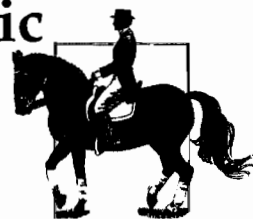
Hoofprints

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Gerhard Politz Dressage Clinic

Sponsored by CenterLine Dressage



ILLINOIS HORSE FAIR

Illinois State Fairgrounds, Springfield
March 3, 4 and 5, 2006 (Friday - Sunday)

... opportunity to work with one the of world's leading trainers

International dressage competitor, coach and examiner, **Gerhard Politz**, formerly of Stuttgart, Germany, immigrated to southern California in 1987.

In more than 35 years of studying, competing, training and teaching classical principles, Mr. Politz has acquired the depth of knowledge and experience that enables him to bring out the best in both horse and rider. Since coming to the U.S., he has been working out of Flintridge Riding Club, near Los Angeles, giving clinics, seminars and workshops around the country. Mr. Politz's enviable credentials and accomplishments include professional certification (Reitlehrer FN exams in his native Germany and the British Horse Society Instructor's exams) as well as an examiner for the USDF instructor certification program.

He has continued competing at all levels through Grand Prix and was CDS champion at Interme-

diaire I and II, and in merely two years won the USDF bronze, silver and gold medals. An avid supporter and coach of Young Riders, Mr. Politz's Young Riders have won many Gold Medals (one student being a three-time Gold medalist).

Clinic Fee: \$425 (private lessons)
Training through FEI Horses

Clinic fee covers one 45-minute lesson on Friday, Saturday and Sunday. Although horses of every level are encouraged, more upper level than lower level horses will be selected for the eight available slots. Be prepared to provide a video of you riding your horse in the final selection phase. Horses will be chosen by quality and breed variety. Clinic fee includes one stall

Illinois Horse Fair, presented by Purina Mills, Midway Trailer Sales and John Deere, is in its 18th year and annually attracts more than 10,000 horse people.

with first bedding, shared use of a tack stall, and two weekend passes to Horse Fair.

Lessons may be audited by Horse Fair pass holders (general admission: \$12 per day; \$20 weekend).

On Friday, horses will be chosen from Clinic participants to be presented in Mr. Politz's **Horse Fair dressage demonstrations** on Saturday and Sunday. Mr. Politz also will lecture in the Horse Fair meeting room on Saturday and Sunday.

Clinic Schedule:

Thursday evening: informal dinner for clinic riders to meet Mr. Politz and their hosts of CenterLine Dressage. Friday: lessons centered around noon; Horse Fair opens at 3 p.m.; and riders are invited to a restaurant meal with members of CenterLine Dressage. Saturday and Sunday: lessons start earlier to accommodate Mr. Politz's demonstrations and lectures.

Applicants need to fill out the form below, understanding that they are agreeing to be a demonstration participant on Saturday and/or Sunday, if asked, in addition to their daily lessons on Friday, Saturday and Sunday.

Riders are asked to bring appropriate level show attire for the demonstrations.

For Information: (217) 787-7317 or NollLaw@aol.com

GERHARD POLITZ CLINIC RIDER APPLICATION FORM

Send \$100 deposit check made out to ILLINOIS HORSE FAIR to: "Pinky" Noll
APPLICATION DEADLINE: February 15
VIDEO DEADLINE: February 22 (if required)
1190 Williams Blvd.
Springfield, IL 62704

Applicant agrees to be a demonstration participant on Saturday and/or Sunday, if asked, in addition to the daily lesson. Applicants selected will be notified February 23 and the fee balance will be due March 1. Horses must have a negative Coggins; release forms required from all participants. (Applicants not selected will have deposits refunded immediately following the Clinic.) Cancellations: Refunds made only if spot can be filled by alternate.

Name _____ Phone _____
Address _____ E-Mail _____
City/State/Zip _____
Horse's Name _____ Breed _____
Level(s) Competing _____ Awards Won _____
(Attach last year's accomplishments on a separate piece of paper.)

Pilates For Equestrians
Taught by Janice Dulak
Author of Pilates for Dressage Riders

What: Participatory Pilates mat class for equestrians

When: Saturday, January 28
11:00 a.m. to 1:00 p.m.
Registration at 10:45 a.m.

Where: Pilates For Life
2315 Technology Dr. Ste. 121
O'Fallon, MO 63368
(Next to Spa WingHaven)
636-561-9030

Cost: \$50 Advanced payment
required due to limited space

Dress: Comfortable clothing and socks

Janice Dulak, is a Level 2 Romana's Pilates instructor and author of upcoming publication "Pilates for Dressage Rider." Dulak, a former professional dancer, came to Pilates in 1989 when a knee injury threatened her performing career. Certified since 1993, Janice chaired the dance department at Stephens College in Columbia, MO for ten years. She acquired her first horse in 1994 and eventually gave up dance performance for dressage.

Currently schooling her mare at third level, Janice had become frustrated at being stuck at 1st level for three years. Deciding to experiment with her Pilates work on horseback, Janice found that using the specific musculature required of Pilates exercises created the stability and harmony required of dressage movements. Besides her mare, she has started and rides her three-year old, home-bred, 17 hand Oldenburg gelding in dressage. At their debut USDF show at the Indiana Dressage Society Fall Show in October, Janice and Rubaiyat won the Intro Level high Point Champion. Her book "Pilates for Dressage Riders" should be available in 2006. Janice currently owns and teaches at the Pilates Center in Champaign, Illinois. Read an excerpt from her book on her website: www.pilatesctr.com

Vintage Hill Farm
Amy Larson Dressage Clinic
January 27-29, 2006
Registration Deadline-January 23, 2006

Rider Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone(s): _____ Email: _____

Name of Horse: _____ Gender: _____ Age: _____ Color: _____ Breeder: _____

Breed: _____ Sire: _____ Dam: _____

Ride Time Preference (please mark)

Ride Dates(s):	January 27, 2006	_____	(am/pm)
(Rides are 45	January 28, 2006	_____	(am/pm)
minutes)	January 29, 2006	_____	(am/pm)

Please indicate you and your horse's level of schooling, past show/riding/training experience, and riding goals you would like to work on:

Copy of Coggins enclosed	Yes	No
--------------------------	-----	----

If no-must be presented before unloading.

Please be current on all shots

Fee schedule:	Per Day	# of Days	Total \$
Lesson	\$95	_____	_____
Stabling (per day)	\$15	_____	_____

If you use the stall any portion of a day please count as a day.

Total Due: \$ _____

Please make check payable to Vintage Hill Farm or charge your credit card below.

Visa MC Discover

Card Number: _____

Name on Card: _____

Exp. Date: _____ / _____

Signature: _____

Your clinic space is reserved when your check or credit card information is received.

General Information: Please no smoking on the farm, no pets, and no children (unless riding). We have two stables with a total of 16 stalls on the place ranging from 14'x14' to 18'-20'. Most are 14'x15' with 8 in each stable. The upper stable has windows in each stall, solid lower partitions and open bar upper partitions. The lower stable has solid partitions and is connected to the indoor. The indoor is 20mx42m with a rock base/sub base and sand footing with Arena RX. Each stable has an insulated wash rack with hot/cold water and a heated bathroom. Each stall has a corner feeder and two water buckets. The stall floors have rubber mats and are bedded in sawdust. The aisles are concrete with overhead lights and the facilities are insulated. The lower stable has a kitchenette that is heated. The aisles are wide enough for you to put your belongings by your stall. There is a tie ring in the back of each stall so you can groom and tack up with ease. Please leave out your am/pm feed rations so we can feed everyone together. There is an 80'x200' outdoor available for your use as well along with 100 acres of pasture for hacking.

***Please pause 10 seconds before turning in our drive with a rig-it is a blind hill.**

***Please bring a chair and stay for the day and bring your favorite dish to share for a pot luck lunch.**

Release: I and my heirs hereby release Vintage Hill Farm, Jeff and Ann Oberhaus, as well as employees from any and all liability for damages to or loss of personal property, sickness, injury and even death from whatever source, legal entanglement, imprisonment, loss of money, etc. which might occur as a result of participation in Vintage Hill Farm sponsored activities, including travel to and from various trip and program destinations. I further attest and verify that I am physically fit, as is my horse, to withstand the rigors of the activities I will participate in and will only participate in activities within my and my horse's ability.

Signature: _____ **Date:** _____

If rider is under 18 years of age signature of parent is required.

Please mail/fax completed form, (one per horse), copy of coggins and your payment to:

**Vintage Hill Farm
Jeff and Ann Oberhaus
5643 Highway 87
Franklin, Missouri 65250
Voice 660-848-2373
Cell 660-537-1897 or 537-3906
Fax 660-848-2373
Email: Vintagehill@socket.net
Website: www.vintagehill.com**

Your clinic space is reserved when your check or credit card information is received. Rider registrations are non-refundable due to the fixed expense of bringing in clinicians. In the event you cannot ride, please secure a replacement rider. We will assist you in this effort with any on the waiting list. Please contact us for hotel accommodations.

**Vintage Hill Farm
Amy Larson Dressage Clinic
January 27-29, 2006**

Auditor Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone(s): _____ Email: _____

Audit Dates(s):	January 27, 2006	_____
	January 28, 2006	_____
	January 29, 2006	_____
Fee schedule:	\$25 Per Day	# of Days
		Total Due: \$

Please make check payable to Vintage Hill Farm or charge your credit card below.

Visa MC Discover Card Number:

Name on Card: _____ Exp. Date: /

Signature: _____

General Information: Please, no smoking on the farm, no pets; no children (unless riding). Please pause 10 seconds before turning in our drive-it can be a blind hill. Upon entering drive veer to your left and pass through green iron gates. Clinic and stabling are located in the tan building south of the home, stable and greenhouses. Please pull down to this location for parking. Please bring a chair and your favorite dish to share for a pot luck lunch.

Release: I and my heirs hereby release Vintage Hill Farm, Jeff and Ann Oberhaus, as well as employees from any and all liability for damages to or loss of personal property, sickness, injury and even death from whatever source, legal entanglement, imprisonment, loss of money, etc. which might occur as a result of participation in Vintage Hill Farm sponsored activities, including travel to and from various trip and program destinations. I further attest and verify that I am physically fit, as is my horse, to withstand the rigors of the activities I will participate in and will only participate in activities within my and my horse's ability.

Signature: _____ Date: _____

Please mail or fax completed form, and your payment to:
Vintage Hill Farm
Jeff and Ann Oberhaus
5643 Highway 87
Franklin, Missouri 65250
Voice 660-848-2373
Cell 660-537-1897/Fax 660-848-2373
Email: Vintagehill@socket.net
Website: www.vintagehill.com

Your audit space is reserved when your check or credit card information is received.