



Take Contact!

Inland Communities Chapter of the California Dressage Society

2nd Quarter - April • May • June 2009

www.ICCcds.org

ICC Rated Show June 7th at Pepper Glen

ICC will be putting on another rated show just in time to help our members get that last qualifying score for the RAAC in July. We will be holding this show at a new venue, Pepper Glen Farms in Norco, CA. Please check out our website [ICCcds.org](http://www.ICCcds.org) for more information. Entry forms and the class list are available online but will also be mailed to each member. We are offering some great prizes for 1st place winners as well as prizes for the High Point of the day. Please join us for a great day of showing! If you would like to volunteer to help at our next show please contact Meg Hammond at meghammond2001@yahoo.com. We really appreciate any help, from set up to break down after the show.

'09 CDS Amateur Clinic with Jane Weatherwax

The 2009 CDS Amateur Clinic with Jane Weatherwax was held in our backyard, at Shadow Ridge Stables in Highland, CA. The participant for the ICC Chapter was Liz Rothman.



Bobby Keville doing clinic duties



*Clinic attendees and auditors with Jane
(Center standing in blue)*



Liz Rothman on Una



Jane with Julie Lehr on Wynzen

We would like to send out a thank you to Mary Kint for taking pictures at the Amateur Clinic. We appreciate her generosity!

Chair Message

Hello ICC Membership,

I hope you are enjoying the spring weather! The May ICC show at Heritage Park last weekend was a big success. There were lots of rides - great prizes - and horses/riders representing intro level through 3rd level. It was a lot of fun to watch. I hope you all can make it out to the June 7th show held at a new venue in Norco at Pepper Glen Farm.

For the latest info please visit our website at www.ICCcds.org. ICC is also putting on an acupuncture clinic with Dr. Lori Johnstone at Shadow Ridge Equestrian Center in Highland. The clinic will take place May 9th. I hope you can make it out to learn about the positive effects of acupuncture for the dressage horse. As always I hope you are enjoying your horses and your riding and please keep an eye out for monthly email updates from ICC.

~Lucia Rapalyea, Chapter Chair

Acupuncture Clinic with ICC Member, Lori Johnstone

ICC will be holding an equine acupuncture clinic with Dr. Lori Johnstone at Shadow Ridge in Highland on May 9th. The charge per horse will be \$80. The clinic will start at 9:00 a.m. beginning with a demo and continue throughout the day with up to 6 horses. To sign up or for more information contact Ruth Corrao-Harris at threekidmom61@aol.com.

ICC Annual Awards Banquet

Our Annual Awards Banquet was held at Casa Trejo Restaurant in Yucaipa, CA on March 21st. We had a great selection of raffle items and everyone had a great time! Brittney La Joie was the winner of the the Diane Prisco Mink Perpetual Trophy and also made off with quite a few raffle items too! Thank you to everyone who joined us in recognizing our award winners as well as to support our Chapter. Below are some pictures from the evening.



Chapter Chair Lucia Rapalyea presents Brittney La Joie with her award



Guest speaker Dr. Lori Johnstone Equine Acupuncture



Brittney La Joie with her award & prizes



Ruth Corrao-Harris won an adorable door prize!



Kim McGrath & Kimee Branch



Meg Hammond & Sheila McKee



Brittney La Joie and guests.



Ruth, Sheila, Meg, and Linda

Meet MY ICC Trainer:

Kathy Pavlich



My trainer is Kathy Pavlich. Like so many of us, Kathy was bitten by the horse bug at an early age. She started riding with her father and sister on rental horses at age 5. As a teenager, she'd swap horse care for riding lessons. (Sound familiar?) She finally bought her own horse when she was 25, a running quarter horse. The pair showed English pleasure and hunters. Kathy's mare was....shall we say....."expressive." Her trainer suggested that the pair take dressage lessons to learn some discipline (Dressage....the Catholic school of equestrian sports!) and so began Kathy's journey in the world of dressage.

Kathy has trained and shown an eclectic array of horses; off-track thoroughbreds, running quarter horses, paints, and, of course, warmbloods. She has been training consistently with Bert Rutten (Netherlands) since 1995 and with Judy Harvey (Great Britain) since 2000. She has also trained extensively with Debbie McDonald.

As I was compiling Kathy's award history, the word "plethora" came to mind. She started making her mark in the record books in 1996 when she earned the title of National Dutch PSG Champion. Since then she has amassed quite an ensemble of Reserve Championship and Championship awards (Region 7, State, and National) from 2nd Level through I1. A grand total to date of 24!!! Not surprisingly, she is a USDF Bronze, Silver, and Gold medalist! I asked Kathy what she would consider the highlights of her dressage career so far. She said earning a 72% on her Grand Prix test in 2005 on her Dutch gelding, Havanna, and qualifying for the 2007 USEF Dressage Festival of Champions (Gladstone, NJ) on her Hanoverian gelding, Bocelli, in which she finished in the top 10 of the country for Intermediaire 1.

Kathy trains horses and riders through Grand Prix at Shadow Ridge Equestrian Center in Highland. She offers full training, show coaching, and monthly clinics.

Meet My ICC Trainer (cont):

STUDENT COMMENTS ABOUT KATHY:

Kathy Young (and Huey): *After our first lesson with Kathy last year, Huey stopped bracing when I asked for any upward transition because Kathy suggested I reach forward with my inside hand. That simple suggestion made me aware of the "feel" of the outside rein, which was a big step in learning to ride dressage. Kathy's clear instructions and wonderful exercises are helping me believe that this journey is really possible!*

Ruth Corrao-Harris (and Lexington): *Kathy's low-stress exercises have dramatically improved Lex's topline and degree of self-carriage. I had no idea that his gaits could have so much suspension, or that he could be so light off of my aids. It's like I have a brand new horse!*

Susan Williams (and Fabian): *Kathy follows the classic principles of back-to-front and inside leg to outside rein.... no shortcuts! She is always positive and upbeat. There is no problem that can't be overcome.*

Lena Persson (and Tiny): *To ride with Kathy is to always push yourself a little beyond, a little bit more every time. Her knowledge of dressage and her ability to teach both horse and rider is commendable. What puts her in a category of her own is that she gives it her all every time you ride with her. She truly loves and respects the sport and the horses. For us who are fortunate to know this special lady, Thank-you , Kathy, for all that you give us and our horses!*

Cathy Ghazal (and Samaki): *As a dressage rider, Kathy helps me to be light on the reins while maintaining a steady contact on the bit with a secure sit. I've learned to work my horse over his back while engaging his hind legs and remaining in balance with harmony, cadence, and rhythm. My horse's musculature and topline are continually developing and improving. Kathy has an eye for fine detail and an ability to express herself firmly in a positive, eloquent manner. I'm very fortunate to have the opportunity to train with her in my quest to become a better rider.*

Sara Diefenbach (and Dawn): *Kathy is a wonderful instructor! Each time that I clinic with her I am amazed by the amount of knowledge she has. My mare keeps getting better every time we have an opportunity to work with Kathy. The mixture of her knowledge of the sport and her fun loving personality make the lessons both enjoyable and challenging. I LOVE the clinics!!!!*

Linda Fitzmorris (and Wes): *Kathy is an outstanding rider and person. She possess character qualities of honesty and integrity. She has an educated eye and an ability to diagnose a problem, create a plan, and then execute an individualized training program for each horse and rider. Kathy can stretch a rider's limits without exceeding their abilities or comfort limits. Her utilization of positive training techniques makes training with Kathy a joy!*

Liz Rothman (and Una): *Kathy has developed a great wealth of knowledge and is able to communicate the correct approach to connection and riding very clearly. Her enthusiasm and love for the sport of dressage comes through in her teaching. She makes lessons fun! Kathy encourages me to have sympathy for my horse and to give my mare the benefit of the doubt, which facilitates relaxation (in both of us!). I look forward to each lesson and to the regular progress that I am making with my mare.*

If you enjoyed our first Spotlight Feature and would like to contribute to our Trainer in the Spotlight Feature please contact Ruth Corrao-Harris at threekidmom61@aol.com. We know we have some wonderful, talented individuals in our membership; help us showcase it!

2009 Board of Directors

Chapter Chair: Lucia Rapalyea

Treasurer: Kathy Pavlich

Show Chair: Meg Hammond

Secretary/Newsletter Editor/ Website: Cindy Taylor

Volunteer/Sponsor Coordinator: Ruth Corrao-Harris

Members-at-Large: Sheila McKee, Kathy Young & Lori Johnstone

Junior Liaison: Delaney Seeburger

Attention ICC Members:

If you know of anyone who would like to offer their facility for future shows or clinics please contact one of our board members! Their email addresses can be found on the ICC website at ICCcads.org. We would like to give all our members equal opportunities to attend the clinics and shows we offer each year. We are hoping to offer shows in different cities since our membership encompasses such a large geographic area. Thank You!

-ICC Board Members

NO MESS MANURE CHECK

By Mary Kint

A few years back one of my horses was filled with sand as diagnosed by my vet. He sent me to a lady who participated in a clinical trial conducted by a major psyllium producer. (She had a horse die of sand colic and showed me a large sand ball that was removed from her dead horse's gut. The ball looked like a marble ball and was the size of a volleyball!) She instructed me on a procedure to rid my horse of sand. Before I started the procedure I was to do a manure check for sand and then do a daily check after beginning the purging regime. This whole procedure made me a believer in psyllium. I could see, daily, the reduction in the amount of sand my horse contained. I hung the samples on the fence for a daily comparison. It was quite awhile ago, but I had estimated that he had more than a couple of gallons of sand in his gut. It took about a month to clean my horse out. It is very important to always use the same number of manure balls for your sample in order to have a more accurate rough estimate of the amount of sand your horse has in his gut, the number of balls is not important, but pick up at least three balls. Under estimate rather than over estimate the number of balls in a pile and the number of piles of manure your horse produces per day. This will give you a rough, minimum estimate of the amount of sand that your horse has in his gut. I will also tell you how to estimate the amount of sand in your horses gut. This will be a minimum very rough estimate.

MATERIALS

1. 1-gallon plastic food storage bag (not ziplock)
2. Twisty ties
3. Water (no exact amount--doesn't affect the results)

PROCEDURE

1. Select manure balls that haven't been lying in the dirt (top of the pile)
2. Reach your hand into the plastic bag like it's a glove and pick up the number of manure balls you've decided to use for each sample.
3. Holding on to the balls, turn the bag inside out.
4. Pour water into the bag to cover the balls and then some (you'll get the hang of it once you've done it.) Don't fill the bag too full though.
5. Gently massage each ball to liquefy the manure and release any sand in the ball. Be careful in massaging because if there are any sharp hay particles, they can puncture the bag. The sand will sink to the bottom of the bag.
6. Tilt the bag so that the sand accumulates in a corner of the bag. This will make it easier to estimate the amount of sand.
7. Secure the bag tight with a twisty tie. Toss in the garbage when done, or empty and toss bag in garbage.
8. If your horse has a lot of sand and you do a psyllium regime, tie your baggies up on the fence for a daily comparison. Use twisty ties, baling twine, clothes pins, whatever works for you.

ESTIMATING AMOUNT OF SAND

1. Estimate the amount of sand in your sample. This is just simple math
2. Divide the number of balls you used in the gallon bag into the average number of balls you are estimating that are in each pile of manure.
3. Multiple that number (number of samples per pile) times the estimated amount of sand in your stool sample. This will equal the estimated minimum amount of sand in each pile of manure.
4. Multiply this minimum amount of sand per pile times the average number of piles your horse produces per day. This figure will give you an estimate of the minimum amount of sand your horse has produced in a 24 hour period.

SAMPLE MATH PROBLEM ESTIMATING AMOUNT OF SAND

1. 1 teaspoon sand estimated from a 3 ball sample.
2. 21 balls (average manure pile size) divided by 3 balls (sample size) = # of samples per pile. (7 samples per pile)
3. 1 tsp sand from 3 balls X 7 (# of samples per pile) = 7 tsp sand in one pile of manure.
4. 14 piles of manure per day (average estimate) X 7 tsp sand in one pile = 98 tsp sand in 24 hours of 14 manure piles
5. 98 tsp sand for 24 hours divided by 3 = 32.6 Tbsp
6. 32.6 Tbsp divided by 4 = 8 (rounded off) cups of sand or a little over 2 cups sand in 24 hours of horse's manure.
 - 3 tsp = 1 Tablespoon
 - 4 Tbsp = 1/4 cup

NOTE

Make it easy on yourself doing the math. Pick round numbers and error on too low of an estimate. Horses do not have the same number of balls in each pile, and they don't have the same number of piles every day. This is only a rough estimate but it will sure help you to know how serious a sand problem your horse has. Psyllium is psyllium. Brands don't make a difference; I've tried them all. The big consideration is what you can get your horse to eat (how picky are your horses) and then price. Some come as pellets, some powder. My Fjords are very picky and I can only get them to take pellets sneaked to them in grain. Even then, they will wash their mouths out and try to get rid of the pellets in their waterer! If you ever have to put your horse through a purging of sand regime using psyllium, you will need to administer an oral probiotic for several days after you have weaned your horse off the regime because this regime strips them of their natural gut organisms. After completing this regime I administer psyllium once a week to prevent them from getting into a sand problem again and periodically I check my horse's stools for sand. I hope this is helpful. If you are like me I don't like dealing with buckets or jars of manure.

ICC WINTER SCHOOLING SHOW RESULTS

Schooling Show, March 8, 2009

Judge: Eileen Fagan

INTRODUCTORY TEST A:

1st Place: Olya Sharonova (AA) riding *Bolder's Magic* with a 66.00%
2nd Place: Carolyn Ramirez (AA) riding *K.D. Zippo Maid* with a 62.00%
3rd Place: Julie Siegel (AA) riding *Keleidoscope* with a 60.00%

INTRODUCTORY TEST B:

1st Place: Sumer Utt (Jr) riding *Ulysses Flagg* with a 66.00%
1st Place: Olya Sharonova (AA) riding *Bolder's Magic* with a 67.00%
2nd Place: Carolyn Ramirez (AA) riding *K.D. Zippo Maid* with a 62.50%
3rd Place: Julie Siegel (AA) riding *Keleidoscope* with a 56.00%

TRAINING LEVEL TEST 1:

1st Place: Summer Utt (Jr) riding *Ulysses Flagg* with a 61.74%
1st Place: Jennifer Dinges (AA) riding *Wintering* with a 59.13%
2nd Place: Jessica Rollings (AA) riding *Copper* with a 57.40%
3rd Place: Charlotte LeVecque (AA) riding *Ivanna Dance* with a 56.33%
4th Place: Julie Siegel (AA) riding *Keleidoscope* with a 53.05%
1st Place: Bob Wise (O) riding *Whamage CSP* with a 69.57%

TRAINING LEVEL TEST 2:

1st Place: Jennifer Dinges (AA) riding *Wintering* with a 58.58%
2nd Place: Charlotte LeVecque (AA) riding *Ivanna Dance* with a 57.50%
3rd Place: Jessica Rollings (AA) riding *Copper* with a 53.93%
4th Place: Karla Mason (AA) riding *Oliver* with a 37.50%

TRAINING LEVEL TEST 3:

1st Place: Colleen Mann (Jr) riding *Top Gun* with a 58.40%
1st Place: Carolyn Ramirez (AA) riding *Zippin to Town* with a 49.20%
1st Place: Bob Wise (O) riding *Whamage CSP* with a 64.80%

TRAINING LEVEL TEST 4:

1st Place: Blaze Tauro (Jr) riding *Michael Angelo TJP* with a 60.80%
2nd Place: Colleen Mann (Jr) riding *Top Gunn* with a 58.00%
1st Place: Carolyn Ramirez (AA) riding *Zippin to Town* with a 45.60%

FIRST LEVEL TEST 4:

1st Place: Blaze Tauro (Jr) riding *Michael Angelo* with a 56.85%

SECOND LEVEL TEST 1:

1st Place: Lynne Cofield (AA) riding *Franklin* with a 50.27%
1st Place: Bob Wise (O) riding *Ringo* with a 47.90%

SECOND LEVEL TEST 2:

1st Place: Lori Johnstone (AA) riding *Azrael's Bay Raven* with a 58.14%

SECOND LEVEL TEST 3:

1st Place: Lynne Cofield (AA) riding *Franklin* with a 57.90%

SECOND LEVEL TEST 4:

1st Place: Lori Johnstone (AA) riding *Azrael's Bay Raven* with a 60.00%

ICC SPRING FLING SHOW RESULTS

MAY 3, 2009

JUDGE: EILEEN FAGAN

Training Level Test 1

Placing	Score		
Makenna Spencer on <i>Prince Albert</i>	Jr 66.96	1	
Olivia Johnson on <i>Simply Marvelous</i>	Jr 60.00	2	
Michelle Wagner on <i>Jazmine</i>	Jr 59.57	3	
Charlotte LeVecque on <i>Ivanna Dance</i>	AA 63.92	1	
Karla Mason on <i>Oliver</i>	AA 50.87	2	

Training Level Test 2

Makenna Spencer on <i>Prince Albert</i>	Jr 65.36	1	
Olivia Johnson on <i>Simply Marvelous</i>	Jr 57.86	2	
Michelle Wagner on <i>Jazmine</i>	Jr 56.79	3	
Charlotte LeVecque on <i>Ivanna Dance</i>	AA 61.08	1	
Karla Mason on <i>Oliver</i>	AA 50.72	2	

Training Level Test 3

Valerie Gabriel on <i>Refrain</i>	AA 61.20	1	
Beatrice Whiteley on <i>Havanne de Ballard</i>	AA 60.00	2	

Training Level Test 4

Kady McCracken on <i>Naidar</i>	Jr 62.40	1	
Valerie Gabriel on <i>Refrain</i>	AA 64.00	1	
Kathryn Whiteley on <i>Trynke Van Biensma</i>	AA 63.60	2	
Beatrice Whiteley on <i>Havanne de Ballard</i>	AA 60.80	3	
Darcy Tonto-Zemp on <i>First Champagne</i>	O 62.80	1	
Carol Tice on <i>Winzer</i>	O 58.80	2	

First Level Test 1

Kady McCracken on <i>Naidar</i>	Jr 61.00	1	
Kathryn Whiteley on <i>Trynke Van Biensma</i>	AA 63.00	1	
Lacy Thatcher on <i>Ben Diesel</i>	AA 62.34	2	
Darcy Tonto-Zemp on <i>First Champagne</i>	O 60.34	1	
Carol Tice on <i>Winzer</i>	O 60.00	2	

First Level Test 2

Morgan Spencer on <i>Makin Magic</i>	Jr 55.28	1	
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First Level Test 3

Alexis Vega on <i>Rama Shamanzata</i>	Jr 58.29	1	
Kelly Tellez on <i>Lester's Dawn</i>	Jr 58.00	2	
Lacy Thatcher on <i>Ben Diesel</i>	AA 57.90	1	
Corinne Hill on <i>Serenada Moon</i>	O 62.86	1	
Carol Tice on <i>Kaiser</i>	O 59.15	2	

First Level Test 4

Kelly Tellez on <i>Lester's Dawn</i>	Jr 61.58	1	
Lacy Thatcher on <i>Ben Diesel</i>	AA 58.69	1	
Lena Persson on <i>Castor</i>	AA 57.11	2	
Corinne Hill on <i>Serenada Moon</i>	O 60.00	1	
Carol Tice on <i>Kaiser</i>	O 57.90	2	

Third Level Test 3

Cathy Ghazal on <i>Havanna</i>	AA 56.52	1	
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Second Level Test 1

Delaney Seeburger on <i>Cat's Vita</i>	Jr 52.37	1	
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Second Level Test 3

Lori Johnstone on <i>Azrael's Bay Raven</i>	AA 50.47	1	
Carol Tice on <i>Cerman</i>	O 55.59	1	

Second Level Test 2

Delaney Seeburger on <i>Cat's Vita</i>	Jr 55.14	1	
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Second Level Test 4

Lori Johnstone on <i>Azrael's Bay Raven</i>	AA 57.68	1	
Carol Tice on <i>Cerman</i>	O 49.77	1	

Congratulations to our Day End High Point Award winners:

Junior High Point: Makenna Spencer and Prince Albert 66.96

Adult Amateur High Point: Valerie Gabriel and Refrain 64.00

Open High Point: Corinne Hill and Serenada Moon 62.86



Calendar

April

8th ICC Board Meeting at Kathy Pavlich's home in Highland, CA All members are welcome!
15th – 19th World Cup Las Vegas!!!

May

3rd ICC Spring Rated Show at Heritage Park in Rancho Cucamonga.
6th ICC Board Meeting at Kathy Pavlich's home in Highland, CA All members are welcome!
9th Acupuncture Clinic with Lori Johnstone at Shadow Ridge
22nd -24th Dressage at Flintridge. Young Horse Selection Trials.

June

7th ICC Rated Show at Pepper Glen in Norco, CA.
20th Deadline to qualify for the Regional Adult Amateur Competition.

July

4th-5th Southern Regional Adult Amateur Competition, RAAC LAEC, Burbank, CA
Contact Glenda McElroy at Glenda@glenroys.com

August

21st-23rd CDS Southern JR/YR Championships, LAEC, Burbank, CA
See CDS website at California-dressage.org for more information.



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