

# Impulsion

Kentucky Dressage Association

2009 September/October

[www.kentuckydressageassociation.org](http://www.kentuckydressageassociation.org)

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## KDA Board Meetings

(All members welcome)

**October 7, 2009**

7:00 PM - USDF Headquarters

**November 4, 2009**

7:00 PM - USDF Headquarters

(Meeting changes will be posted via KDA e-NEWS)

[Calendar of Events  
click here](#)

[KDA Classified Ads  
click here](#)

[KDA Contacts  
click here](#)

KDA is a USDF Group  
Member Organization

## Our first adult dressage camp scores a 10!



Some of the happy campers! (L-r kneeling) Connie Lane and Sue Spears both audited for three days. (Riders L-r standing) Janet Attanucci, Erin MacLachlan, Judi Quaife, Nancy Herron, (clinician: Paula Kierkegaard), Susie Pratt, Linda Carpenter and Jennifer Myka. (mounted) Wendy Kilgore. Riders not pictured: Elaine Hendricks and Linda Spraggs.

For three glorious days in May “campers” hung out with their horses, took lessons, asked hundreds of questions, and enjoyed a lot of good food. And who better to have for our first “camp director” than Paula Kierkegaard, nationally known for her adult dressage camps. Paula’s passion for teaching immediately captivated everyone. Riders and auditors quickly bonded. Of course, it doesn’t take much to get dressage riders to bond if they have their horses, three days to talk about them, lots of lessons and food. And, there were no pup tents! Not at this camp. Campers luxuriated in a beautiful, countryside setting at Meadow Lake Equestrian Center and slept at the restored, antebellum style Ashley Inn. The graciousness of the Meadow Lake staff, Laurie

Snyder and Julie Levandoski, made us all feel at home. We even had a big country kitchen to wander into for a late night snack.

And speaking of food...Friday night’s scrumptious Italian meal, cooked by KDA’s Kim Phillips, had everyone returning for seconds. Little did we know that Paula planned to put our carb loading to good use. “Anyone up for some exercise?”, she called out as she disappeared around the corner and returned with a giant, iridescent exercise ball. After a few demos of hip joint loosening and balancing exercises, we all lined up for a try. Then we hit the wall, literally, as she backed each of us against a door frame to demonstrate the feel of a proper half halt. Those “Ah ha!” educational moments were

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## President's Perspective

*Dear KDA Members,*

I hope everyone has enjoyed this summer's beautiful riding weather. With fall just around the corner many of you will be getting ready for Regional's or for all the autumn festivals and trail riding. And speaking of festivities, KDA has some new offerings.

At the end of August KDA held the first in a series of barn socials. Our board member, Charli Stevens, came up with the idea for "meet and greet gatherings" at farms across Kentucky as a way for members to socialize and see some of the barns in the area. Thanks to the southern hospitality of the Fiddler's, many horse lovers turned out for the first social at Rolling Hills Farm in Versailles. Our next barn social will be held October 24<sup>th</sup> at Kantelauffer Farm in Georgetown, KY. (*Full details on our web site events calendar*) If you have a barn and would like to have company just let one of our board members know.

In my last letter to you I mentioned sending a survey asking if you were in favor of the KDA holding a CDI\*\*\* at our 2010 spring show. Recently, Sheila Woerth and I met with officials from the Kentucky Horse Park and the Kentucky Horse Park Foundation to discuss dressage complex usage and renovations. While they are in favor of a CDI\*\*\* at the Horse Park, they felt it would not be feasible for 2010. Post WEG, their goal is to hold top of the line competitions including Regional's. The Foundation is now interested in upgrading the dressage complex, but much planning must take place to determine how best to utilize and renovate the area. We are also in talks with MSEDAs to hold a joint fund raiser to help the Horse Park beautify the dressage complex. It is in dire need of new judges' boxes, pavilion and sound system.

The KDA board is also considering moving the spring breed show to September to be held in conjunction with the MSEDAs fall Dressage at The Park. This would give us the option to offer an additional day of dressage, accommodate more entries and include Intro level classes again. For the past three years our spring dressage shows have had a waiting list.

We'll keep you posted on all the discussions and decisions. Good Luck at Regional's. Happy Riding!

*Barb Bern*

bliss to those of us struggling with half halts. Another rider in the group, a physical therapist, offered to demonstrate some floor exercises for strengthening back and ab muscles. So, we all hit the floor to try them out. We looked ridiculous, but we were laughing so hard it didn't matter.



Paula (right) worked with us individually to make sure we understood how our core muscles should feel during a proper half halt. Then she had us pair off and practice the exercise for a few minutes.

While we took turns with the exercise ball, Paula took one person at a time into another room for some "secret instruction", she said with a grin. My curiosity peeked; I followed her willingly when my turn came. I was told to turn my back to her, hold my hands just out in front of waist and spread my fingers. A strap was slipped between my fingers and I was told it was my "bit" and I "her obedient horse" was to pay attention to the aids I was about to receive and move accordingly. Then the fun began as I felt a jerk to the right followed by a pull back then a jerk to the left then a knee bump in my side and another in my rib cage. Needless to say she got no fluid dressage movements out of me. The point of the exercise was to demonstrate how confused a horse gets when it's bombarded with too many aids at once. And yes, I was one confused "horse". The exercise was quite instructive.

After watching more videos, riders, tired from their first full of riding and classroom sessions began to drift off to their rooms. Paula, however, was still going full speed and a little disappointed that no one wanted to stay up a little longer. She's absolutely passionate about teaching.

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Three cheers and a toast to our first adult camp and the scrumptious Italian meal prepared by KDA Membership VP, Kim Phillips.

At breakfast each morning Paula spread out lots of visual materials to enhance the classroom sessions and welcomed all questions. Then it was off to the barn for the daily riding lessons where she evaluated each horse/rider team and began her magic. It was quickly apparent the first day that most teams needed to work on relaxation and rhythm, so back to the basics she went. Her instruction was always focused on the well being of each horse and its acceptance of the aids. Some horses needed a bit of in-hand work which she happily performed in order to help each rider get the most out of the lesson.

As an auditor, I found this clinic most helpful because every rider exhibited problems similar to mine and most were training at my level. I could see myself in every rider and watched and listened intently to Paula's instructions. I was

so excited about what I'd learned that I got up at 5:00 AM the next morning to test out her instruction on my horse before making the hour and a half drive from Lexington back to Meadow Lake.

By Saturday afternoon, it was quite apparent how much each horse and rider had improved since the previous day's lessons. Paula was quite pleased with everyone's progress.

As one rider noted in her camp evaluation: "Paula saw my problem early, while other teachers haven't it seen it after many lessons. I liked how she wanted to discuss everything."

Another camper wrote: "The camp far exceeded my expectations, and I appreciate the effort that went into making this training possible and affordable for me."

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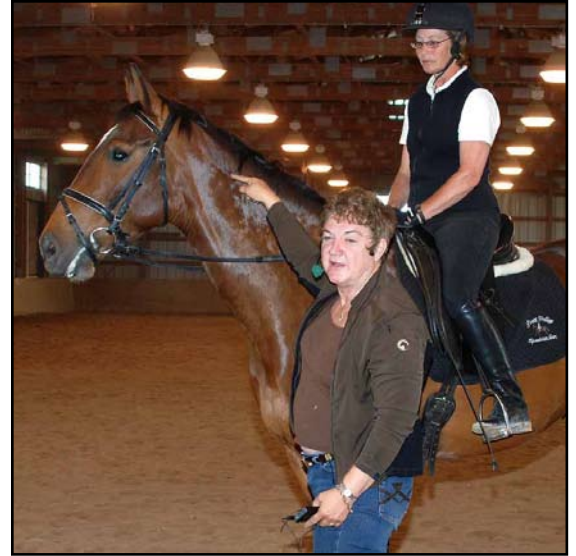




Paula worked with a horse resistant to the rider's aids.



She demoed exercises to improve balance and flexibility of the hip joints.



Using Susie Pratt's horse, Paula showed where a horse needs to develop the proper neck muscles for self carriage.



(L to r) We found Elaine Hendricks and Linda Spraggs (not pictured in the group photo on page ) hanging out in the pasture with their horses.



Linda Spraggs' second lesson included some cavaletti work.

In fact, evaluation comments from both riders and auditors regarding Paula's teaching were almost unanimous. Everyone was impressed by the scope of her knowledge, her passion for horses, the clarity of her instruction, her willingness to answer any question, and her wonderful sense of humor. Her teaching was spiced with lots of enjoyable anecdotes from her long career as a rider, trainer, teacher and dressage judge. Her enthusiasm was infectious and made the camp a memorable experience for all.

Before I close there are a few more people to thank. The idea for an adult dressage camp with Paula Kierkegaard was first

suggested by Sheila Woerth back in 2004. However, at that time KDA didn't have the funding needed to underwrite a camp, so the idea simmered on the back burner until the profits from our 2008 spring shows gave the board an opportunity to subsidize a camp. We thank KDA Education Chair, Vicky Esquivel for taking on the task of organizing the camp along with support from the KDA board and on-site help from Barb Bern, Anne Anderson, Maureen O'Daniel and Charli Stevens.

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From her vast bag of teaching tools, Paula pulled an interesting selection of videos that sparked lots of stimulating conversation. While addressing questions she also shared anecdotal stories from her years as a rider, trainer and judge. Her audience was quite captivated by her candor and the refreshing sense of humor she uses to make learning fun.



Erin MacLachlan, who is studying to be a physical therapist, showed us some ab and back strengthening exercises using the exercise ball.

The following note was sent to KDA President, Barb Bern, and she wanted to share it with the rest of the members.

*To the KDA,*

*I would like to thank you for the generous sponsorship of \$3,000 to the adult clinic so it was affordable to attend. KDA is a club that continually gives back to its members!*

*I have been a member for two years and will continue my membership because this is a club that I enjoy!*

*Thanks so much,  
Linda Spraggs*



(At left) KDA member, Judi Quaife, and the rest of the camp gang enjoyed dishing up a country style lunch in the Ashley Inn's big cozy kitchen .



Camp organizers and volunteers joined Paula to say "cheese". (L-r) Maureen O'Daniel, Sheila Woerth, Vicky Esquivel, Paula, Barb Bern and Anne Anderson.

*Camp coverage and photos by Anne Anderson*

**Members** - we need your suggestions for future educational events. Please pass them along to one of the board members.



# KDA board nominations are open for the 2010-2012 term

**All positions are open.**

If you are interested running for a position please contact any current board member.

Voting will take place at the 2010 annual meeting.

Brief job descriptions:

**President:** Conducts monthly board meetings, attends committee meetings and is the KDA liaison to the USDF and USEF.

**Vice President:** Conducts board meetings in the president's absence and assists with duties assigned by the president.

**Treasurer:** Handles all financial business of the club and maintains financial records

**VP Membership:** Maintains the membership data base and files membership information with the USDF.

**Secretary:** Records minutes at monthly board meetings

**Show Chair:** Guides the show committee in planning the annual spring shows and handles all necessary show paperwork with USDF and USEF.

**Education Chair:** Chairs education committee and plans and oversees clinics and other educational events.

**Newsletter Editor:** Creates the bi-monthly newsletter and handles electronic communications to the membership as needed.

**Board advisor** (there are four advisor positions): Assists with any necessary jobs of the club

**Web Manager:** maintains the KDA web site (*not a board position*)

## The KDA Board of Directors needs your help on the following committees.

**( Working on a committee is another way to earn your volunteer hours.)**

If you are interested, please contact Kim Phillips at: 859/552-9278 or kimberlymphilips@yahoo.com

- **Public Relations:** We are looking for a member willing to write an article prior to our spring show that can be submitted to local newspapers, etc. We need contacts! (*Earn 2 hours*)
- **Awards banquet:** We already have some centerpieces and door prizes. We need help purchasing more decorations, set up and clean up (with help). (*Earn 2 hours*)
- **Silent Auction:** Always a good fund raiser. Keep track of donated items, set up items and bid sheets at the show, collect money. (*Earn 4 hours*)
- **Show Hospitality:** Head a hospitality committee for our spring shows. Help coordinate food for officials and volunteers and competitors' party. (*Earn 4 hours*)
- **Education:** Help the Education Chair organize and run riding clinics and other educational events. (*Hours dependent on time worked*)

- **Breed Awards at spring show:** You will contact various breed organizations to ask them to provide ribbons. At the show you and your committee will keep track of scores and hand out the ribbons and awards. Follow-up with organizations to inform them of the winners. (*Earn 4 hours*)
- **Fund raising:** The show cannot go on without this! The money raised also goes towards member educational opportunities. We have information to give to potential sponsors and donors. We need someone with great people skills to help. (*You can earn 4 hours plus monetary compensation based on amount of money raised.*)
- **October membership mailing:** Assist membership Vice President in sending our membership renewals. (*Earn 1 hour*)
- **Keeping the data base on members' annual volunteer hours** (*Earn 4 hours*)



**When did your passion for horses and riding begin?** I was one of those people who was born saying “I want a horse”! When I was young, my neighbor started “dragging” me out to the barn with her kids. We were thrilled whenever we’d get led around on any horse at the boarding facility. I officially started lessons at Hollow Haven Farm in Chanhassen, Minnesota at age 10.

**What got you started in dressage and why do you pursue dressage?**

My background contains much varied horse experience. Basically, I got into dressage because I started breeding horses and the horses were more suited towards dressage and sport horse activities than English pleasure classes. The change has been a good thing for me. Mentally, the walk, trot, canter horses were pretty boring. I’d been known to yawn during warm-ups. Dressage offers more of a challenge and allows me to advance my horsemanship skills more than round ring work did.

**Tell us about the horse(s) you currently own or train.**

Currently, I own four horses. I bred all of them. I have three Half-Arabian/Half-Dutch Harness Horses. Two of them are full brothers and one Half-Arabian/1/4 ASB & 1/4 DHH. Their names are *Ragg Tyme* (aka *Muffin* or *Raggs* --2002), *Master of the House* (aka *Tio*--2004), *Versyren* (aka *Jimmy* --2007), and *Barettini* (aka *Homey*—2006 ( *pictured in photo above*).

**Riding achievements of which you are proud:**

I’m very proud of *Ragg Tyme*. Although he has had numerous injuries which have delayed his performance career, he has been a Champion in-hand/halter gelding under three different judging systems — Open Dressage shows, Renai shows, and AHA shows both in Sport Horse In-Hand and “main ring” halter. He was the first horse I bred and has achieved three AHA Regional awards with limited showing. In addition to that, it was very exciting to

be part of the Andalusian stallion *Santiago’s* (aka *Chili*)1998 show year. That was the first time that *Chili* was named IALHA Horse of the Year. As a four year old, *Chili* won three unanimous National Championships at the IALHA’s National Show in Texas. One of them was with me in the Country English Pleasure Amateur class. We beat a seasoned team that had not been beaten all year *and* had already won

the Open Country English Pleasure class at the same National show. Earlier in the year, when we decided to move him from Hunter Pleasure into the Country division, I taught him to carry a full bridle so his success in the two Country Classes (Amateur & Junior Horse) was great!

Also, I am proud to have shown my now deceased gelding, *Fire Site+* to a Canadian National Top Ten in Ladies Side Saddle English as well as many regional awards and championships in multiple divisions including English Pleasure, Equitation, Side Saddle, Park and Halter.

Additionally, I am proud of winning the 1999 IALHA National Championship on *Kahlua* in Saddle Seat Pleasure Amateur/Top Five in Open (she was a blast to ride) and the very unexpected IALHA National Championship in Country Pleasure Amateur on *Bergante I*.

**Tell us about your riding goals:** Right now, it’s to have a horse to ride. I’ve been waiting for babies to grow up and having injuries resolve themselves. It looks like I’m close. My three year is being broken and he’s a total angel! After the AHA Sport Horse Nationals, I’ll get back on my seven year old. Hopefully, the 2006 gelding will come along nicely and be showable under saddle next year. I’ll let him decide what he wants to do and then, I’ll decide what his goals are.

**Tell about your best riding memory:** My best riding memories definitely are from my early years. The boarding stable we were at was located in Chaska, Minnesota adjacent

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**Member Profile**  
*Charli Ann Stevens*



to the Minnesota State Trails and a short ride to the grounds of the Renaissance Festival. We used to ride down to the Renaissance Festival grounds in the “off” season and get in trouble for “racing” our horses on their track. Also, during the summer and fall, we would often leave to “cool out” the horses and be gone for a couple of hours. So much for that 10 minute walk.... How did my mother survive?

**What’s the funniest thing that’s happened to you and your horse?** One time, I was riding with a group of friends on some dirt roads in Minnesota. I was on my English Pleasure gelding, *Fire Site+* in a cutback. He was a very sweet, calm, well mannered gelding that handled competing at State Fairs with baby strollers just about running into him on his way to the arena, or warming up for side saddle under fireworks. However, on during one outing we discovered one of his two fears in life. We were walking past a pasture of cows and the people thought it would be cool to stop and look at the cows. Well, the cows, thought we were cool too. They all walked toward each other, formed a side-by-side line and started walking towards us. That gelding was so scared of that line of cows coming towards us, he jumped clear into the ditch/corn field on the other side of the street! After that, he was about 18” shorter the rest of the walk - his ears pointed straight forward, his eyes bugging out the side of his head, in a “bounce walk” during which he’d snort on every fourth step. It was hilarious!

**What would you like to learn more about to enhance your horsemanship?** There’s always so much to learn. This year I took a seminar on equine massage and it was a wonderful experience. Being able to incorporate that into my conditioning program and advancing my skills with this particular method is definitely making me a better horse person. On the riding side, when the horse is ready, we need to select the best instructor who can advance us both — push us to achieve without pushing us too far — someone who expects perfection *and* can explain to someone else how to achieve it on their horse. I grew up riding with Larry and Jody Hoffman of Hesten Park in Minnesota. That was their standard as instructors and it has become my standard for instructors. It’s hard to find that instructor, but I’m sure we will. We just may have to try a few first to see with whom we click best. Then, it’s a constant learning curve on each horse upon which I sit. ♦



Hey, what can I say....my owner is a Jimmy Buffett fan and she was having one of her Margaritaville days. However, I'm telling my barn mates this is the required clip for the Florida show circuit. Of course they're green with envy.

### **KDA News makers...**

**Allison Reed** received First Place for her photograph “*Dressage with Spots*” in the youth division (15 and under) in the 2009 USDF Art Contest. Her photo will be published in the yearbook issue of the USDF *Connection* and on the USDF web site.

**Be sure to check out the latest postings on the Events Calendar**

[Events Calendar - Click here](#)

**Keep your contact information current**

Send changes to [kimberlymphilips@yahoo.com](mailto:kimberlymphilips@yahoo.com)

**Document all your volunteer hours**

Volunteer documentation forms are on the web site under the *Volunteers* or *Forms* tab. Every time you volunteer, complete a form and send it to the address on the form.

[Volunteer documentation Click here](#)



## ***Impulsion***

A bimonthly publication of the  
Kentucky Dressage Association

Anne Anderson, Editor

contact:

[newsletter@kentuckydressageassociation.org](mailto:newsletter@kentuckydressageassociation.org)

Articles, **classified ads (free to members)**, show and calendar items, and story recommendations are welcome. Send stories and ideas to editor preferably via e-mail or typed via slow mail. All standard word processing formats are acceptable.

The KDA editorial board reserves the right to edit submissions for grammar and length, and to refuse submissions and advertisements for any reason.



### **KDA web site classified advertising**

**Business Card** \$10 per issue

**KDA Member Classifieds** Free

**Non-Member Classifieds** \$10 per issue

### **KDA web site display advertising**

contact:

[newsletter@kentuckydressageassociation.org](mailto:newsletter@kentuckydressageassociation.org)

We require pdf, jpg, tif files or clean, camera-ready copies of ads that we can scan.

All ads must be pre paid upon invoice.

All web ads are listed on our home page with links to your ad and your business web site (when applicable).

#### **Shows/Clinics & registration forms:**

**\$45**

Ads will remain on the web site until the show/clinic has concluded.

#### **Horse sales, equine services or equine realty display ads:**

**\$45** per 3 months for KDA members

**\$75** per 3 months for Non-members



## **If you buy Southern States feeds you can help KDA earn free money...**

Southern States' S.H.O.W. Program for non-profit groups will reimburse KDA for its members' use of Reliance, Legends, and Triple Crown feeds.

#### **Bag feed reimbursements:**

**Reliance** - 10 cents per proof of purchase label submitted

**Legends** - 25 cents per proof of purchase label submitted

**Triple Crown** - 25 cents per proof of purchase label submitted

#### **Bulk feed reimbursements:**

**Reliance bulk pellets** - \$4 per ton

**Legends bulk pellets** - \$10 per ton

**Note:** For reimbursement for the bulk feeds **the original copy of the delivery ticket must be submitted.**

If you know of farms using the Reliance or Legends bulk pellets, please ask if they would be willing to make copies of their delivery tickets and give us the originals to submit to the S.H.O.W. Program. KDA has benefited from the S.H.O.W. Program and with your help we hope to continue earning cash to help support our activities.

**Please send** your proof of purchase labels from the bag feed or the original copy of the delivery ticket from bulk feed orders to KDA member: **Barbara Morrison**  
**4098 Oak Point Rd, Huntington, WV 25701**