



# Impulsion

Kentucky Dressage Association

Volume 2  
Feb/Mar/Apr 2010

## Awards Banquet



## Award Winning

Despite threatening winter weather, the KDA End of the Year Awards Luncheon and the Annual Membership Meeting were held at the Marriott Hotel in Lexington, Ky. on Saturday February 6, in conjunction with the MSEDGA Gala weekend. A pleasant buffet menu was enjoyed by a grand turn out of members. Lunch was followed by the Yearly Awards Ceremony, where riders were honored not only with magnificent ribbons, but inspiring trophies donated by LV Harkness. Door prizes were given away sporadically through out the afternoon, including signed books and show bedding donated by the Gassmans of Full Circle Dressage. After a short business meeting, 2010-11 Officers were elected (see 'Meet the KDA Board' on Page #2). New officers were presented and out going board members, Barb Bern, Julie Cook, DVM, Kim Phillips, Virginia Goodman, Anne and Tom Anderson, were gifted with framed equine art acknowledging their dedication and years of service.



The Merry Midnight Award, for KDA Volunteer of the year, was awarded by the luncheon participants to Barb Bern in acknowledgment of years of volunteerism and leadership. Julie Cook DVM, Wanda Felice, Cathy Jacobs and Linda Spraggs received the Amateur Adult Scholarships for 2010. Susan Posner won the 2009 President's Cup for her high score at KDA Spring Show. Two new sentimental awards were donated by Julie Cook's family in memory of their recently departed horses. The Waag & Cloudy Memorial Awards were awarded to high scoring Amateur Adults and Junior/Young Riders in touching ceremony. (Check out [http://www.kentuckydressageassociation.org/Files\\_2010/2009%20KDA%20Winners%20for%20Web%20Site.pdf](http://www.kentuckydressageassociation.org/Files_2010/2009%20KDA%20Winners%20for%20Web%20Site.pdf) for a full report of winners.) Brief camaraderie and attendees were off to an afternoon education seminar next door or a race home to beat the snow. All in all, an out-standing early afternoon for dressage devotees.



Top: Barb Bern awards Susan Posner the 2009 President's Cup with several ribbons.

Bottom: KDA Awards Table. Photos by Kelly Gage

## Kate Fleming-Kuhn Clinics Attendees Brave the Weather and Reap Rewards

KDA sponsored two Kate Fleming-Kuhn Clinics at Meadow Lake Equestrian Center in Danville, Ky., one in December 2009 and one in March 2010. Kate is a USDF Certified Instructor through 4th Level and a USDF Gold Medalist with an impressive list of dressage achievements. Her instruction and method provided some break through moments for several attendees.

Continued on Page #5

USDF Gold Medalist  
Kate Fleming-Kuhn  
instructs Julie Levandowski in KDA clinic.



### Inside this issue:

<b>President's Letter</b>	2
<b>New Board Members</b>	2
<b>Thoughtful Rider by Linda Schulz</b>	3
<b>Horse Stem Cell Ed by Dr. Hopper</b>	3
<b>Learning Horsemanship by JP Giacomini</b>	4
<b>YR Graduate Program by K. Posner</b>	6
<b>Honorary Membership Baute</b>	7
<b>Bern Speaks at News &amp; Brews</b>	7
<b>Dressage Demos for Youth</b>	8
<b>Horse Adoption Fair</b>	8
<b>Equine Massage Therapy</b>	9

### Special points of interest:

- New Calendar of events
- Announcements
- Member Spotlight

## Letter from our President



Above: President Charli Stevens & her horse Baretini, photo by Ruth McCracken

Dear KDA Members:

As I write this letter, the 2010-2011 Board of Directors ("BOD") is getting ready for their second meeting. At the first meeting, we voted to hold a General Membership meeting on May 27 at the Kentucky Horse Park during our show. The meeting will start one hour after the last ride.

Your new BOD is actively working to provide you, the Membership, with more Dressage oriented opportunities. We are dedicated to making KDA one of the best GMO's in the country. Committees have been working on: rewriting the By-Laws, amending the Policies & Procedures, improving the website, making advertising of clinics/educational events more affordable, expanding our membership offerings, among other innovations.

The Education Committee is working on several projects including a joint venture with the Show Committee to provide a late August event. Also, there is discussion of doing a 2011

"L" Judge Program. Contact Vicky Esquivel, Education Chair, if you are interested in participating.

Recently, several KDA Members were out promoting Dressage in the community: Past President Barbara Bern was the keynote speaker at the popular Alltech News & Brews on March 18. Additionally, Barbara, along with Julie Cook, DVM and Stacey Burdick-Taul made up the Dressage Presentation at the Kentucky Equine Youth Festival on March 19. With 4,000+ young people and chaperones in attendance, all horses and riders did a great job and were a big hit with the crowd! Thank you all for so elegantly representing us out in the community!

If you have checked the calendar of events, you may notice that the BOD Meetings are going "on the road" this year. Join us when we come to an area near you—we love to see our members and have your input. After all, we are here to steer the organization on your behalf. Committees need assistance so contact a Committee Chairperson or me to let us know what you are interested in participating in. Most importantly, join us for the General Membership Meeting on May 27!

I look forward to meeting more of you and seeing you, and your horses, out and about this year!

Yours truly, Charli Ann Stevens

## Introducing 2010 KDA Board

KDA re-elected some veteran officers and welcomed new members to the board for 2010 at the Annual Membership Meeting on February 6. Charli Stevens moved from Board Advisor to President, with Barb Bern's support at Past President. Susan Posner returned to KDA as Vice President, after her term expired as MSED Dressage President, adding years of experience to support the new board. Maureen John will be the steady, guiding hand for finances once again as Treasurer. A new dressage enthusiast, Melissa DeCarlo jumped in with both feet as Secretary. Kathryn Felice transferred from Board Advisor to Membership Chair. Vicky Esquivel and Sheila Woerth stay at the helms of Education and Show Committees, keeping continuity to two committees that define our organization. The KDA web site has a new face on-line as well as in web manager, Sue Strack. Dean Jarboe re-



Board Advisor Mara Rice, Ed. Chair Vicky Esquivel, and Show Chair Sheila Woerth study issues during March Meeting in Florence, Ky.

mains on as Board Advisor, while 3 new advisors, Michelle Morehead, Maureen O'Daniel, and Mara Rice come in with vast dressage experience and passion. Your new board kicked off meeting in March at the Florence Holiday Inn and will be holding meetings near you, soon. Please consider joining them at board meetings or contacting them with any concerns you wish to have deliberated by the board or in com-

Below: Charli displays the new Web Site to meeting participants. Shown at officers' table l. to r.: Mara Rice, Vicky Esquivel, Sheila Woerth, Susan Posner, Charli Stevens, Dean Jarboe, Melissa DeCarlo



2010 KDA Board Members: Front Row: Vicky Esquivel, Charli Stevens, Barb Bern, Maureen O'Daniel. Back Row Kathryn Felice, Maureen John, Susan Posner, Mara Rice, Sheila Woerth, Michelle Morehead, Dean Jarboe.



mittee. The Annual Meeting & Awards Banquet Committee, Young/Jr. Rider Chair, and Marketing and Communications Committee are looking for leaders if you have time to donate. All committees are accepting members. KDA is looking forward to another great year in 2010!

For connection to a board member: <http://www.kentuckydressageassociation.org/Board-and-Committees.html>

## Healthy Horse Clinic

### Stem Cells and Regenerative Medicine in Horses

Submitted by Scott Hopper  
DVM, MS, DACVS  
Rood & Riddle Equine  
Hospital



### Better Rider, Better Ride by Linda Schultz

The Equestrian Exercise Column in the next several newsletters will identify areas of weaknesses often seen in equestrians and recommend what areas of the body to work on to alleviate that weakness. USDF Silver Medalist Linda Schultz has graciously donated excerpts from her book, 'Better Rider, Better Ride'.

As always, if you are starting an exercise program or have specific physical ailments, you should check with your physician before beginning any exercise program.

Regenerative cell medicine and the use of stem cells in treating horses have become more popular over the last few years. There are news stories of stem cell research and stem cell therapy in both human and veterinary medicine constantly. Anecdotal stories of horses being treated successfully with stem cells often make national news. Despite all the positive press and excitement for stem cell therapy, there is still very little science currently available. In this article, I will discuss what a stem cell is, where they come from, and the science supporting the use of stem cells in equine medicine.

#### Stem Cell Basics

Stem cells are undifferentiated cells that have the ability to replicate and differentiate into a diverse range of cell types. These cell types include tendon, ligament, cartilage, muscle and bone. There are two basic types of stem cells, hematopoietic and mesenchymal. We are primarily concerned with mesenchymal stem cells (MSC) because they appear to have the best potential for regenerative medicine. These MSC are found in bone marrow, fat, umbilical cord blood and umbilical cord tissue, and many other organs throughout the body. The younger or more immature the stem cell the more potential they have. The younger stem cells have an increased ability to heal and regenerate tissue compared to the adult stem cells. This is the reason for the recent interest in storing umbilical cord blood in horses.

#### Umbilical Cord Blood

The ability to successfully harvest equine umbilical cord blood for future use is one of the most recent advances. The University of California-Davis recently published that they were able to collect, store and expand MSC to therapeutic doses in 80% of the cases. If there was greater than 21,000 nucleated cells per microliter harvested from the cord blood, then 91% of the cases yielded an adequate number of MSC. This is the best result harvesting MSC from cord blood reported to date. Cord blood allows us to harvest the most immature and possibly a more potent stem cell with a better potential to differentiate into the tissue we desire. An example of this was recently reported where the University of Copenhagen evaluated the chondrogenic potential (ability to produce cartilage) in MSC derived from both bone marrow and umbilical cord blood. Research showed that MSC's from both sources were able to produce hyaline like cartilage but MSC from umbilical cord blood had an increased chondrogenic potential based upon certain testing parameters. There are a few companies offering umbilical cord blood storage. It is important to ask what the stem cell viability rate is from their type of processing and cryostorage. Another important question is: Can the cord blood be cultured and expanded to a therapeutic dose at the same facility?

(continued on Page #5)

Bone Marrow Derived Stem Cells

## The Thoughtful Rider

#### Turtle Head

- Riding with the chin jutting forward, ahead of the motion and in front of the body of the rider. The ear is no longer aligned with the hip.
- Riding Repercussions:** Because the human head contributes about 8 percent to the total body mass, the head in this position can throw off the rider's vertical balance, tipping him or her forward in the saddle.
- Solution:** Strengthen the neck and shoulder muscles, but also push the shoulder blades together and open up the chest to realign the spinal column. Focus on stretching and upper body strength.



From **Better Rider, Better Ride** by Linda Schultz. Available from Half Halt Press, Inc. [www.halfhaltpress.com](http://www.halfhaltpress.com) or at (800) 822-9635. Used by permission.

## Professional Paddock

### LEARNING HORSEMANSHIP IS NO BED OF ROSES

By JP Giacomini

When reading Internet forums, we frequently stumble on endless polemics between exalted students arguing the worthiness of THEIR teacher or of the guru they admired at the 'Anywhere USA Horse Fair'. They either gush uncontrollably over the latest recipient of equestrian fame, or pillory mercilessly an unfortunate professional who recently displeased an Email Creature in his/her clientele. Those discussions usually center on how calm s/he is with the horses, how nice s/he is to his/her students, how pleasant the lessons were, but rarely on how they resulted in making the student a better horse trainer (anybody who owns a horse has to be the trainer of their animal, like it or not). The problem made evident by these animated discussions is that too many teachers, and too many students, get their priorities wrong. They become more involved in maintaining a pleasant emotional relationship between student and teacher, rather than in the true effectiveness of a program design to create riders and trainers.

As a teacher, my goal has always been to create independent, thinking students that take charge of furthering their knowledge and go home to practice what they learned until they can master each skill I have shown them. I select that type of student because I get bored when I must repeat the same thing to the same rider without obtaining a visible result within reasonable delays. This may not be the greatest recipe to make a fortune in the teaching business, but I want the satisfaction to know that I passed on knowledge for someone to use as their own (just in case I go 'under a bus' tomorrow), rather than reassure them that their current skills are 'great', so that they come back next week. Because I have seen my lessons (and others') so often misinterpreted in the past, I would like to use this month's column to share some guidelines I have developed over time.

Most riders either 'dish out' too much discomfort to their resentful horses, or accommodate them so much that they don't learn anything. The same goes for trainers and their human students. Find out how much (mental) discomfort you are willing to put up with as a student and you will know how much you will learn from a knowledgeable teacher. Learning is changing old habits into new ones. The greater the change, the greater the progress, the greater the discomfort level. Today, the notion of 'study' in America is associated with the idea of nurturing the physical, emotional and mental 'comfort zone' of the student. Instead, the DESIRE for learning should provide the stimulation necessary to pursue change and to accept the temporary discomfort attached to it. The 'prize' is that this effort eventually recreates a new, temporary comfort zone, but with much better practical results. Then, the student can enjoy the "I GOT IT" feeling, for the little while it lasts, until attacking the next bastion of their inadequate habits. Remember: those cute habits will probably react to change like Davy Crockett at the Alamo (resist to the death!)

The goal of any lesson is for the student to replace at least one old habit, however small, by a new, better one, FOR LIFE. As previously mentioned, there is NOTHING comfortable about that process: the body hates modifying the habitual path of movement; the subconscious mind revolts against a new routine; the emotions flare as adrenaline rushes in



to defend the old against the attack of the new and the conscious mind (the person as we see it) is tempted to go straight to the Internet to blame someone for that discomfort (usually the teacher who was contracted in the first place to teach something NEW). As an unfortunate result, most popular (and richer) teachers are the ones who don't threaten the body's mechanisms; reassure the subconscious with some equestrian platitude; keep the ego's feeling secure and throw a little bit of mental excitement to the conscious mind so the person comes back with a new check, next Friday at 2 PM.

Comfort was not part of the equation when I was a child learning to ride in France with Captain Hubert Clauzel of the Cadre Noir (the elite of the French Cavalry School) or later when I studied dressage in Portugal with Master Nuno Oliveira. My teachers knew their 'stuff' and cared deeply about our progress as riders. They also had little consideration for our comfort. The greater the discomfort endured without complaint, the greater our effort, hence our progress, the more interest we received, the more knowledge was offered, and so forth. We had to deserve every inch of what we got from them, but we certainly valued it. Times change!

#### Teaching Theory:

1. To teach effectively, the coach needs to know his/her subject well enough to be capable of simplifying the guidelines (principles are correct when they suffer no exception) and repeat them understandably until they become an automatic mental reference as well as a physical reflex. That is how they will be remembered and used in all future situations.
2. As we all discover, riding and training horses is made of at least a thousand details. Each one of those only matters when the situation arises, but then, if you cannot fix THAT detail, no progress will be possible. So each of these little techniques must be taught thoroughly as the problem occurs.
3. Finally, for that lesson to make sense, the teacher needs to integrate the new technique taught (and hopefully learned) within the perspective of the general principle that has been previously explained. Now students can do it, they know it works, they know why and they will keep using it because IT 'FEELS' RIGHT.

*Practical tip: Example of an important principle: "LACK OF DIRECTION IS ALWAYS A LACK OF IMPULSION" which translates as: "a horse that doesn't go where you want, has no desire to go forward in the first place". Corresponding technical detail: having to learn to turn without pulling on the inside rein (meaning: keep the inside arm sufficiently rigid so it doesn't bend, hence does not pull, consciously or not). Instead, push the outside of the horse forward (not sideways) with seat and legs, while the rider's body progressively faces the direction of the turn. This is a concept that must be completely assimilated, or its absence will plague the rider forever. It doesn't matter if the student is a reiner, a jumper or a trail rider, there will be a penalty: the reiner's circles will fall to the outside, compromising the flying changes; the jumper will get 'run-outs' or at least miss his/her spot; the trail rider may end-up in the way of an oncoming truck. Choose your teachers carefully and be worthy of them!*

## Continued from Healthy Horse Clinic page #3



Bone marrow derived MSC can be harvested from the sternum or the tuber coxae (Hip). The procedure is done standing under sedation. The bone marrow is then processed and the MSC are cultured and expanded to approximately 10 million cells. This process takes approximately 3 weeks. The cells are then suspended in bone marrow supernatant or saline and injected ultrasonographically into the tendon or ligament lesion or in the joint. Consensus among researchers is that the sooner a horse is treated the better. Chronic tendon or ligament injuries have already formed scar tissue which increases the chances of re-injury. Stem cell therapy cannot remove scar tissue. The goal is to treat injuries within the first 30 days if possible.

Tendon and ligament injuries are currently the most common injuries being treated with stem cell therapy. The majority of the research has been of injuries involving the superficial digital flexor tendon. Dr. Roger Smith in the UK has shown an 82% success rate in National Hunt horses, 87% success in other sport horses but only 50% success in flat racing horses. Research evaluating the use of stem cells in deep digital flexor tendon injuries and suspensory ligament injuries is currently ongoing.

Researchers are also evaluating the use of stem cells in treating degenerative joint disease. Research in goats has shown that stifles treated with stem cells

had less arthritic change than controls. This research is currently being done in horses. A recent paper from the University of Colorado reported that based upon several factors stem cells could not be recommended for osteoarthritis of the middle carpal joint in horses. Even though a greater response was seen with bone marrow derived stem cells compared to adipose (fat) derived stem cells and controls, the changes were not statistically significant.

### Adipose Derived Stem Cells

Adipose or fat derived stem cell therapy is available from the VetStem Company. Fat is harvested from the either side of the tail head in the standing sedated horse. The fat is processed and returned in 48 hours. Even though this therapy has had some success the exact composition and number of actual stem cells in the fluid returned for injection is not known. The biggest advantage of this therapy is that you can treat the injury quicker. Early studies have shown that the capability of the bone marrow derived stem cells are superior to the adipose derived cells.

### The Future

Potential uses for stem cells in the future include fracture healing, subchondral bone cysts, laminitis and cartilage repair. There is much we do not know about stem cell therapy. We are still looking for answers to the following questions:

What injuries are best treated with

stem cells?

How many stem cells do we need?

Do stem cells need to be triggered to produce the desired result?

How important are growth factors?

What is the best type of stem cells to be used?

Stem cell therapy is an exciting new area of treatment for equine injuries. Although there is still much we still need to learn, early research is very encouraging. Current ongoing research will begin to offer answers and to shed some light on the best applications and techniques for the use of stem cell therapy.

The goal of the Rood and Riddle Stem Cell Laboratory is to provide this exciting new treatment to our clients and referring veterinarians. Our collaboration with the University California-Davis Regenerative Medicine laboratory will allow us to stay on the cutting edge of this technology. We want to expand on the research performed at the university by performing clinical trials in hopes to better understand the most effective way to treat horses with stem cell therapy. It is important to understand that stem cell therapy is not the silver bullet to treat tendon, ligament, fractures and degenerative joint disease at this time. The continued research at the university level and Rood and Riddle will bring us closer each day to a fuller understanding of regenerative cell medicine and to unlock the potential of stem cell therapy.

## Continued from Page 1-Fleming-Kuhn Clinic

She came from Florida on both occasions, but the Kentucky winter weather didn't dampen her patience and perseverance in getting the most from her students. Riders left invigorated from her instruction as well as the crisp weather.

Participants in the November Clinic were Barb Bern, Julie Levandowski, Anne Johnson, Linda Spraggs, Laurie Snyder, and Leigh Miracle. Sue Strack and Maureen O'Daniel were

awarded rides chosen from a hat full of 2009 volunteers.

In March, Barb Bern, Julie Cook, Meagon Howland, Debbie Miracle, Pam Shirley, Emily & Laura Farrar, and Linda Spraggs participated. Cindy Smith and Julie Levandowski won the volunteer rides.



Linda Spraggs rides for USDF Certified Instructor Kate Fleming-Kuhn at Meadowlake Equestrian Center.

## 2010 Young Rider Graduate Program: Experiences

### Kristin Posner

Certain opportunities only come along every now and then. I happened to get a chance to jump at one of those great opportunities: the 2010 Young Rider Graduate Program. Sitting next to Michael Barisone for an afternoon and listening to accomplished riders such as Carol Lavell, Chris Hickey and Jessica Jo Tate speak all weekend was a fantastic experience.

When I first got word of the YR Graduate Program, I was at USDF convention in Texas. I was not completely sure what it was, but in the Young Rider meeting they were talking about it and let us know that they had some spots left open. So I decided that I would ask about it and find out what it was. After talking with Erica Powers from USDF, I decided I might as well apply and see what would happen. She called me over Christmas break from school to tell me that I had been accepted. I was completely beside myself! The next venture was how to get there. But lucky for me, Kentucky Dressage Association, my local GMO, gave me a grant so that I could go. After figuring out how I was going to get there. The realization that I was actually getting to go was setting in. I still was not completely sure what I had gotten myself into, but I figured since it was a Young Rider Program that I was going to learn something regardless.

Finally, I arrived in Florida early Saturday morning and had time to hang out for a little while and do some homework before our first meeting. My good friend and roommate for the weekend, Lauren Griffin, finally got there so needless to say I was pretty excited. When it was time for our registration and first lecture of the night, we got the schedule for the weekend, talk about a jam-packed weekend. There were 18 of us for the entire weekend and it was a wide range of YR grads. It was great to meet people close to my age that are in Dressage for the professional side.

The weekend was full of different people in Dressage talking about different things, such as: business management, competition planning, USEF High Performance, the judging program, sponsorship and life experiences. The knowledge of the people that were involved in the program is very admirable. It seemed as if the weekend's theme was experience. Carol Lavell came and shared her experiences with us on Sunday morning and I must say she was one of my favorites. She has the most amazing personality and the most wonderful stories to tell that are full of experiences. Michael Barisone came in the middle of the day, was early and came, and sat next to me in the back of the room. I must say he was also another favorite of mine for the weekend. He gave a lecture about how to plan a competition campaign. It was very interesting and gave me a

lot to think about as where to go next with my life in the Dressage world. He shared a lot of great experiences that he has had throughout his life, including his trip to the Olympics. I think almost everyone that was there would agree with me when I say that Henk Van Burgen was the highlight of the weekend. What a wonderful man! His stories at our dinner on Sunday night were absolutely fabulous. He is such a humble man who is willing to help anyone. He shared stories of how he grew up and how he got to where he is with his life. And last but not least, another favorite of mine, Renee Isler. She is an amazing woman who is willing to help Young Riders around the country. She gave us a great lecture on sponsorship; how to get sponsors, keep them, know what they are looking for. This was extremely helpful for those of us who are really trying to get somewhere in the sport of Dressage.

All in all, this weekend was more than I could have ever hoped for even though I had no clue what to expect. It is something that I would completely recommend to any YR that is going out of the YR ranks, especially if you are looking to go into Dressage for the professional side, and even if you are not looking for that, it is still a great program with a lot of knowledge. I just want to thank USDF and The Dressage Foundation for providing the opportunity for us to be around these great people in Dressage and also to KDA for giving me a grant and allowing me to be able to have this wonderful experience. Hopefully, I will give back as much knowledge as I gained.



*Above: Silver Medalist Kristin Posner astride Freckles in show attire*

*Below: Participants of the 2010 YR Graduate Program-KDA YR representative Kristin Posner third from the R.*



## Dressage Dedication of a Life Time

interview by Wanda Felice

There is no shortage of talented hardworking and unselfish horse enthusiasts in Kentucky dressage. It becomes difficult to select a single individual for an award from our distinguished community, but it is time that we begin honoring these passionate dressage breeders, riders and instructors who laid the ground work for our success in Kentucky,

When a colleague's family emergency left KDA a scribe short at the 2009 Spring Show, a last minute phone call to Nancy Baute received a "glad to help out". She filled in for two days and did a wonderful job, as usual, which cued recollections of her contributions to our sport.

There is not space in this modest venue to adequately discuss Nancy Baute and her pursuit of perfection for herself, her horse and her equestrian friends. Perhaps it can illustrate her character and passion for dressage as an art and a sport..

While nurturing five children, running a business, (Chocolate Drop Tack Shop) and overseeing the Choco Ridge Riding Center, Nancy still found time and energy to enjoy her own competitive horses. She traveled extensively to study with Sally Swift and is a featured student on the Centered Riding instruction video. Guest instructors in her arena included: Hall of Fame Rider Dr. Max Gahwyler, Wolfgang Dellefont from the Spanish Riding School,, noted instructor Jurgen Gohler and many others. The rides with these top instructors were always sold out and audit space was filled.

Baute said the best instruction she received was from George Williams, long-time USDF leader. At that time she was working very hard to make sure she and her horse were "the best they could be". In a lesson with Mr. Williams, she was listening intently and following instruction as well as she could, when he halted her. He walked to her, took her hand and said, "Nancy, love your horse".

"Those words have always stuck with me," Baute said.

Mrs. Baute earned her share of awards and experienced many exciting moments which she recalls with happy laughter. "I couldn't believe my horse was selected first out of forty-five in the Suitability for Dressage Class at the Miami Valley Hunt Club", she giggled .

Karigo, Nancy's beloved Arabian Stallion, was cast in 'Fresh Horses', a movie filmed in and around Cincinnati. Baute instructed young actress Chiara Peacock to ride. She knew nothing about horses, but managed to become quite accomplished in a short period of time. Nancy said Peacock was tenacious in her effort and rode "Rigo" very well, as can be seen in the movie when the beautiful grey horse is put through his paces. Those of us who have known Nancy Baute for a number of years recall her husband, Elmer, lunging the showy stallion, Karigo, in preparation for his dressage tests.

Hundreds of equestrian students, 4-H Club Members and numerous horse enthusiasts benefited from Nancy's generosity.. Due to her lifetime of commitment to dressage promotion, the KDA Board presented Mrs. Baute with an Honorary Life Time Membership on behalf of organization. Congratulations Nancy, you have set the bar high for us to follow!



KDA President Charli Stevens and Nancy Baute beam during her Honorary Membership Presentation during the March Board Meeting

## Barb Bern instructs Alltech Equine News and Brews Party Goes on Dressage Basics

A poster for the 'Alltech Equine News and Brews' event. It features a horse's head in a circular frame and the text '2010 Tentative Schedule:'. The schedule lists four Thursday events: March 18 (Dressage and Para-Equestrian 101), April 15 (Jumping and Eventing 101), May 13 (Vaulting and Reining 101), and June 24 (Endurance and Driving 101). At the bottom, it says '2010 The Year of the Alltech FEI World Equestrian Games' and provides contact information for equinenewsandbrews@alltech.com.

KDA Past President Barb Bern instructed and entertained a captivated audience on Thursday, March 18, 2010 at the Alltech sponsored Equine News and Brews Event in Lexington, Ky. The series of informative presentations, opened by Barb, are designed to teach spectators about the up-coming WEG and the different disciplines represented. Barb's 'Dressage 101' presentation was well-received and

sparked many interesting questions from non-dressage riding attendees. She answered in detail with no 'shop talk' making things very clear for listeners. Para Dressage was also explained extensively by co-presenter Susan Trebess. The Alltech education series which focused on horse health last year will be targeting the WEG for the rest of 2010 and is a must attend if one finds themselves free on a Thursday.

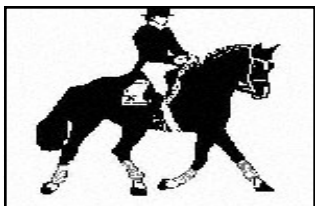
Barb Bern 'at the front of the class' at the News & Brews Party. Photo by Marc Manning



## KHP Dressage Day Demonstrations



Above: Barb Jarboe and Kelreakle as "Superman and Clark Kent"



KDA Members Barb Bern, Julie Cook, and Stacey Burdick-Taul wowed over 5,500 school children and sponsors with demonstrations on Friday, March 19 at the Kentucky Horse Park during the Ky. Youth Equine Festival.

Stacey showed the most advanced movements on cue, stunning on-lookers with collection and poise. The audience was awed by the difficult movements done in rhythm to music, by Julie Cook, DVM, in her musical freestyle. Barb was a



Above: Stacey Burdick-Taul and Comandr-N-Chief+ll'command' attention demonstrating dressage movements. Right: Julie Cook DVM and Remus perform Musical Freestyle. Photos by Charli Stevens

crowd favorite performing in Superman attire. All three teams did their part to promote dressage to future riders in grand display.



## John Henry Annual Adoption Fair: A Place in the Sun for Unwanted Horses by Cindy Rullman

Once upon a time there was a horse—a nondescript specimen of humble origins, insufficient pedigree, unseemly personality and unsuitable conformation, a horse that inspired little enthusiasm in a long line of owners and trainers who filed in and out of his life. They probably just reckoned there wasn't much to get excited about. So the racehorse named John Henry spent a few years schlepping about the country from racetrack to racetrack, becoming more cynical with each unremarkable performance and subsequent change of hands. That is, until a trainer named Ron McAnally entered John Henry's life and showed him a little respect.

Everyone needs someone to understand him—to "get" him, as the saying goes—and Ron McAnally "got" John Henry. Before that, John's inelegant life had belied the mighty heart and warp speed that couldn't be revealed until, like the tender kiss that turned a frog into a prince, the master horseman's gifts of carrots, apples and love turned a contemptuous, aging racehorse into a superstar.

After a long career that trice earned him the title of "Horse of the Year" and a prominent position in the annals of racing, John Henry became a living icon of the Kentucky Horse Park for 22 years. His rags-to-riches story inspired a legion of fans, who remained true to him until his death in 2007 at the age of 32.

To honor his memory, within months of his passing the Kentucky Horse Park created the first John Henry Memorial Equine Adoption Fair, an annual event to help unwanted horses—many of them racetrack refugees—find permanent homes.

"We couldn't imagine a more appropriate way to memorialize John Henry than to create an event in his name that would save the lives of horses," said John Nicholson, Executive Director of the Park and President of the World Games 2010 Foundation. "We want to help other animals, who like John Henry, may have been passed around a few

John Henry Photo from Thoroughbred Times 10/08



times, still waiting for the right person to recognize their true value and commit to helping them achieve their greatest potential."

"Greatness isn't necessarily achieved on the racetrack or in the show ring. Often a horse's highest calling is to befriend his owner, John Henry is a reminder that a horse's value is far greater than the sum of his pedigree, conformation, sales price and race record. He also reminds us that no horse is beyond redemption, a horse will eventually and always respond to the right measure of love and respect."

Nicholson concluded "Our new \$45-million Indoor Arena will have its well-deserved share of glory and accolades during the Alltech FEI World Equestrian Games and in countless other prestigious horse shows in the years to come. But is just might be our rather humble adoption fair in which it will find its own highest calling by serving as a venue to place some wonderful but previously overlooked and disregarded horses in the hands of people who will love them."

Article reprinted with permission from 'Equine International' March 2010

## Giving Four-legged Athletes the Treatment They Deserve



Any athlete will perform better when his or her muscles are relaxed, joints are pain free, and everything is in alignment. It's true with humans, equine massage therapist Jim Masterson said, and it is true with horses.

Masterson, who works primarily with horses in hunting and jumping competitions, was at Culver to work with the honors in equine science students as part of his Montgomery Lecture Series visit on April 15-16.

"You don't just send the pitcher home after a game," Masterson said. The team's trainers will work with him to relieve any soreness or tension and prepare him for his next outing. He does the same for horses, he added. Just like a human, a horse's muscles will continue to tighten over time until something is pulled out of alignment, Masterson said. By releasing the stress and tension in the affected muscles, the horse performs better, he added. This allows the rider to perform better than his competitors, and "who doesn't want that?"

Tension in horses builds up in the neck, shoulders, withers, forelegs, and hind legs. Generally, where there is a junction, there is probably some tension, he explained. And, like humans, the cause of the tension may be located someplace else. Just as poor fitting shoes in humans can cause pain in the knees or hips, poor fitting shoes on a horse can cause pain in its shoulders or hips.

Other factors of tension and pain can be the horse's teeth and saddle fit. While riders will make several adjustments to get the right fit for them, they seldom think about the right saddle fit for the horse. "The horse just wants the same consideration," he added.

The secret to getting a horse to release that built-up tension is the level of touch. Masterson said he uses various levels, from using the strength to squeeze grapes to that of squeezing the juice out of lemons, to manipulate the horse's muscles. But, generally, horses require a much lighter touch than people might imagine. Called the touch-and-release method, Masterson said simply running the tips of the fingers lightly down the horse's neck, back, and hind quarters can indicate where the tension spots are. The line followed is known as the "bladder meridian" by acupuncture specialists, he said. And simply holding one's fingertips on that spot is often enough to bring the blood to the muscle and get it to relax.

It's easy to see when you find a tension spot, Masterson added, because the horse will have a reaction, like blinking the eyes. As you hold your fingers on the spot, the horse will let you know when it begins to relax. It will start licking and chewing, blinking a lot, or fidgeting. As the students worked with the horses, Masterson went around the group to help them find the tension spots. He said some horses will have very visible reactions and others will take some time since it against their basic nature. But every horse did show signs of relaxing, just as Masterson predicted. A key factor is taking the time to really focus on the horse, he said. It really doesn't take a lot to get a reaction, he added, and the size of the horse doesn't matter. He has worked with Amish draft horses and found they take an extremely light touch. They will bow their heads while you are working on them, so their size isn't a problem.

But Masterson cautioned about trying to hurry through the routine. To be effective, you have to let the horse show you it is ready for you to move to the next spot. "Throw away the clock; you're on the horse's time now."



*Jim Masterson, Equine Massage Therapist for the 2006 & 2008 USET Endurance Teams, teaches a unique method of equine bodywork to therapists and horse owners, in which the practitioner recognizes and follows the responses of the horse to touch to release tension in key junctions of the body that most affect performance. Visit: [www.mastersonmethod.com](http://www.mastersonmethod.com).*

*Printed with permission from Jim Masterson from Culver Academy article, April '09*



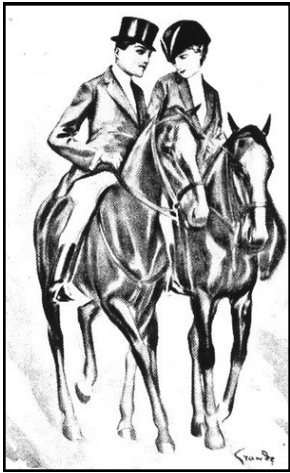
Member Spotlight 



Geena's Struzebecher recently posted 3 wins in the Young Rider division at WEF\*\*\* She won the Young Rider individual test, Team test and the Freestyle! You can read about it on [www.dressagedaily.com](http://www.dressagedaily.com) She also earned her USDF Silver Medal at 17 years of age!! Go Geena!



Equine Affaire, the nation's premier equestrian gathering and leader in educational horse expositions presents the 2010 Equine Affaire "Ride with the Best" Expo. Reese Koffler-Stanfield, High Performance Grand Prix Rider, USDF Gold Medalist, and sought after clinician, will round out the roster of outstanding presenters by teaching two 'must see' Dressage Demonstrations on Saturday April 10, 2010. 11:30-1:00pm, Dressage for Every Horse; 3:30-5:00pm, Understanding USDF Training thru Second Level. The Ohio Expo Center is located at 717 East 17<sup>th</sup> Avenue in Columbus, OH 43211. For complete driving directions visit the Ohio Expo Center Web Site [www.ohioexpo.com](http://www.ohioexpo.com). Additional information can be found by visiting [www.equineaffair.com](http://www.equineaffair.com) or [www.maplecrestfarmky.com](http://www.maplecrestfarmky.com)



Member News is wanted. Submit news to [felice2000@altiusbb.com](mailto:felice2000@altiusbb.com) about your friends, students, new foals, or latest accomplishment and let's keep up with our horse buddies year round.

## Announcements

- ⇒ **KDA Spring Show May 27, 28, 29, and 30 Sign up for Volunteering!**
- ⇒ **Youth Board Officer wanted-Contact any Board Member.**
- ⇒ **GE--General Electric recently added the KDA to their Matching Gifts program. GE employees can make donations to KDA (over \$25) and GE will match their donations.**
- ⇒ **General Membership Meeting May 27, 2010 after the last class at the KDA Spring Show.**
- ⇒ **Join KDA Facebook page and enjoy member news, while sharing yours.**
- ⇒ **Check out our new listing on NKYequine.com**
- ⇒ **Volunteer Event-May 16, 2010**  
[http://www.kentuckydressageassociation.org/assets/pdf\\_files/advertising/2010\\_KDA\\_Horse\\_Show\\_Volunteer\\_Event.pdf](http://www.kentuckydressageassociation.org/assets/pdf_files/advertising/2010_KDA_Horse_Show_Volunteer_Event.pdf)
- ⇒ **Trainer, boarding facilities, instructors, Judges, TDs-all professionals please fill out your information for the new professional ad page for members on our web site.**

**Newsletter Staff:**

<b>Kathryn Felice</b>	<b>Natacha Lesbergueres</b>
<b>Charli Stevens</b>	<b>Sue Strack</b>



### Calendar of Events

For a full listing of events check:  
[http://www.kentuckydressageassociation.org/assets/pdf\\_files/administration/Events\\_Calendar.pdf](http://www.kentuckydressageassociation.org/assets/pdf_files/administration/Events_Calendar.pdf)