



2009 SUMMER EDITION the JOURNEY to Excellence

A QUARTERLY PUBLICATION FOR THE AVID DRESSAGE RIDER



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Corner

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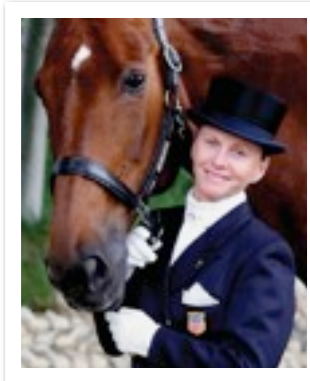


✧ Ride for Life 2009 ✧

Even in uncertain economic times, the [PVDA Ride for Life](#) and the [Dancing Challenge](#) succeeded in breaking all records to donate over \$85,000 to the [Johns Hopkins Avon Foundation Breast Center](#). Take a sneak peak behind the scenes.

DEBBIE McDONALD - A TRUE CHAMPION

This year, the PVDA Ride for Life was honored to have Debbie McDonald as their guest speaker. Due in large part to her incredible generosity, the Ride for Life became a successful fund raising event despite the economic downturn. The road was long and sometimes uneasy; however, when we first learned of Dover Saddlery's and Nutrena's support in bringing Debbie to be our celebrity guest, we knew we were on the road to something special.



Debbie and Brentina

Whenever you meet someone of that caliber for the first time, there is always that slight trepidation - will they meet up to your expectations, or will you be disappointed? As the chair of the [Dancing Horse Challenge](#) and the executive producer of the evening performance, I was tasked with contacting and booking the celebrity riders for the evening's activities. Although I am fortunate to name several of the top riders and trainers as

Training Tips

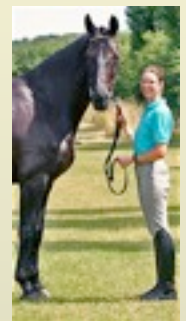
Every quarter Barb will answer your training questions. If you have a dressage challenge or comment, please write to Barb at :

barb@barbarastrawson.com

Since this is our first Newsletter, we would like to take a moment to encourage everyone to submit their questions, comments, concerns, and/or anything else regarding their personal journey to achieve their dressage goals. We will be bringing in different members of our team to answer them. So, whether you have

questions regarding preparing for a show to cleaning a bridle, we'd love to share our tips and tricks.

Barb



friends, I am still just as star struck as anyone else when I get an opportunity to meet an idol. From our first phone conversation, Debbie, as she repeatedly told everyone to call her, exceeded all of our expectations.

As it turned out, Debbie has a personal history with breast cancer. Her sister, Patricia Ryan, succumbed to the disease. After we shared stories and I told her about the Ride for Life's mission, Debbie offered whatever she could do to assist us in reaching our goal. First off, she donated a one day clinic with all proceeds going to Johns Hopkins. Since the clinic could be offered anywhere in the country, we decided to go virtual and auction it off on eBay. This turned out to be a great idea! The auction brought in a whopping \$8500!!!! The best part is that the clinic will be used for para-equestrian riders.

The final two weeks before the show were nerve racking to say the least. Riders cancelled due to injury of both horse and rider; there were venue and planning challenges that forced the cancellation of certain events, last minute changes of volunteers and performers had the entire committee looking to flee out of the country. Janice Alperin, a sponsor representative from El Paso and a Project Manager on the DHC committee was assigned the task of picking Debbie up at the airport. Naturally, her car broke down leaving her stranded just hours before the flight's arrival time. In came Land Rover to the rescue! They graciously donated the use of one of their cars specifically as a "Debbie" vehicle. Problem solved. We were

on to the next challenge.

I was standing in the "wings" at the Prince George's Equestrian Center getting ready to rehearse the Tribute ride when my phone rang. It was Janice. What could this be about? Of course, my mind went to the dark side. Glumly Janice said, "Debbie wasn't at the airport."

"What!!!" I said. I was pretty concerned until I heard the giggling in the background. Snickering, Janice said that Debbie put her up to calling, but she couldn't stop laughing long enough to pull it off. OK, I knew at that point she was going to be a part of our crazy gang.

Debbie worked tirelessly over the



Mercedes (Debbie's "minder"),
Debbie and Barb

weekend. Her Fireside Chats were a big hit, and everyone seemed to love having the personal time she gave each person that approached her. She openly shared her philosophies, her personal and professional experiences and, of course, tales of Brentina. The most poignant and revealing story was of her involvement with a child in the Make-a-Wish Foundation. Debbie firmly credits Brentina with helping this child achieve remission.

Debbie is such a down to earth person. Her warm personality and generosity of spirit was shared with everyone she encountered. We all enjoyed having her here and learning from her. She must have enjoyed herself too, because she wants to come back next year!



The DHC committee, Debbie and Degas

I would like to take this opportunity to thank all the members of the DHC committee for their dedication and hard work. Please check out the DHC videos on DressageClinic.com, and visit the PVDA YouTube IRid4L site to see the upcoming releases.

www.YouTube.com/user/IRide4L



Brian helping Barb into her costume before the Tribute ride.



Traveling with Your Horse

Summertime is a great time to take yourself and your horse on the road. However, make sure you are prepared. Here is a compilation of information from the American Association of Equine Practitioners.

For most of you who are old hands at traveling with your horse, this information is pretty standard. For those of you who are new to hauling, the AAEP provides a great overview of what you will need on your adventures. Keep this handy; it's a good checklist for anyone on the road.

What You Will Need

First of all, your horse will require a negative Coggins test (for Equine Infectious Anemia), within 6 to 12 months, depending on the state you are going to. Most states require a health certificate within 10 to 30 days, again, depending on the state. Some states require a brand inspection or entry permit. The best thing to do is to check with your veterinarian as to what is required for the state(s) you are going to visit.

Horses can contract a variety of diseases both from their environment and from other horses. Tetanus, Rabies, Eastern and Western Encephalomyelitis and West Nile are the "basic" vaccinations generally given. Horses that travel or come into contact with other horses also get Influenza and Rhinopneumonitis. Strangles and Potomac horse fever are also vaccinations to consider in certain geographic locations. It would be a good idea to check with your veterinarian to see what he/she would recommend for the area you are traveling to. While it won't "hurt" your horse to have an additional vaccination that he has had recently, most vaccinations require a series of two in order to provide full protection.

To Stop or Not To Stop

It is preferable to stop every three to four hours to water the horses, and give them a brief break. Open the doors and let them look around. They seem to enjoy the activity at the stops. (*Barb has some great stretching exercises for the horses she does in her EquiSpirit trailer that she will share in upcoming issues.*) It gives them a chance to relax; I find that few horses become restless, especially if they are used to this routine. Many horses will urinate at

this time. It also allows the driver to take a break; to get food, walk around, use the bathroom and refuel the truck. Make sure that your horses have access to water and hay.

Crossing State Lines

The website, www.aphis.usda.gov/vs/sregs/ has the most up-to-date information on health requirements by state. Many of the states do, however, suggest that you contact them for any more recent updates.

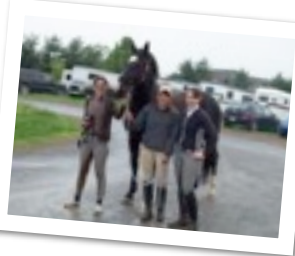
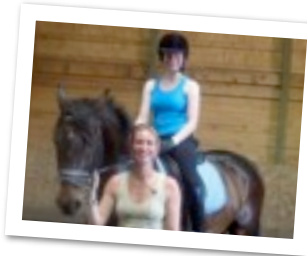
Things to include in your on-road emergency kit:

- Saline solution (to flush eyes)
- Antibiotic eye ointment without steroids
- Fly Mask
- "Instant" cold compresses
- Nolvasan or Betadyne Surgical Scrub
- Scissors
- Telfa pads
- Roll Cotton
- Sheet Cotton
- "Kling" wrap Gauze roll bandages
- Vetwrap
- Track bandages
- Thermometer
- Stethoscope
- Flashlight or Headlamp
- Duct Tape
- Bute and/or Banamine (ask your veterinarian for her/his recommendation and dosing information)
- Towels
- Antibiotic ointment
- Poultice or Icthamol
- Shoe-pulling equipment

Two sources for finding a list of equine veterinarians while on the road are:

- www.Bayerdvm.com/getadvn/
- www.polocenter.com/vets/vetsus.htm

Please check your route for potential places you can stop in case of an emergency.



All My Students

SHOW HIGHLIGHTS

RIDE FOR LIFE

Jennifer/Shanon
Pas De Deux
78%
Norma Lynn Fox
68.5%
Paulette Ziegler
64%

JULY 15-16

Lexington
Judi Rosenfeld
66.8%
Jennifer Foulon
65%
Nancy Mayorga
67.2%
Hilary Moore
64.762%

JULY

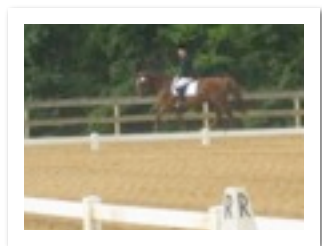
Youth Team Competition
Jennifer Foulon
71.5%
Shannon Zik
66%
Jennifer/Shanon
Pas De Deux
81.45%

This page is dedicated to the training and showing accomplishments of my students - and I am proud to say that there have been so many that I only have room for the highlights! The details of each show can be seen on my website at www.barbarastrawson.com. Be sure to visit my Twitter account for up to the minute news.



JANICE & LEGACY

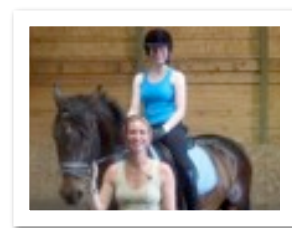
Janice Alperin welcomes Legacy from Wood's Lane Farm. This beautiful Lenhsritter 6 year old gelding is ready and willing to start his new adventures with his new mom. Congratulations!



NORMA LYNN/FLOETE

Norma Lynn & Floete were both such champs at the Ride for Life. Even with a sprained ankle, Norma Lynn came out on top!

Norma Lynn won all of her classes



JENNIFER & FERRERO

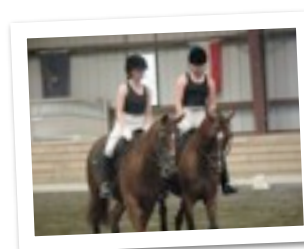
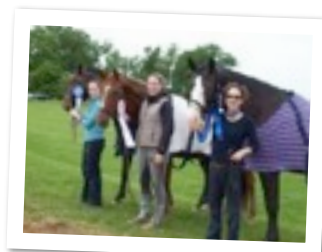
Here is Jennifer in a clinic session with Nicole Uphoff-Selke. She has made tremendous progress showing both Ferrero and Morgen.

JUDI & ZIVONA

Judi and Zivona are having quite the active and successful show season. After doing extremely well prepping in schooling shows, they earned a 66.8% at Lexington, securing them a spot at the Region 1 Championships, and we are sure the BLM qualifying score is close behind.

JENNIFER & SHANNON

I have to brag about Jennifer & Shannon again. They received an 81.45% on their Freestyle. I would also like to commend EquiChord on the fabulous music.





Calendar

MONTH	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
	<p>Aug 7-9 11th Annual Youth Dressage Festival Saugerties, NY</p>	<p>Sep 5 PVDA at Loch Moy Farm Adamstown, MD</p>	<p>Oct 9-11 27th Annual Col. Bengt Ljungquist Memorial Championships (BLM Championships) Stone Tavern, NJ</p>	<p>Nov 7 Barbara Strawson Dickerson, MD Potomac Riverside Farm (301)972-8187</p>
	<p>Aug 14-15 Goal Setting Clinic Ships Quarters Farm 1665 Gold Smith Drive Westminster, MD 21157 Dona Ruth (410)751-9953</p>	<p>Sep 12-13 VADA/Nova Autumn I Dressage Competition Leesburg, VA</p>	<p>Oct 22-25 USDF Region I Championships Lexington, VA</p>	<p>Nov 14-15 VADA/Nova Autumn II Dressage Competition Leesburg, VA PENDING</p>
	<p>Aug 22 Barbara Strawson Dickerson, MD Potomac Riverside Farm (301)972-8187</p>	<p>Sep 22-27 Dressage at Devon CDI-W/CDIY/CDIJ Devon, PA</p>		
	<p>Aug 28-30 Nicole Uphoff Clinic Dominion Dressage LLC, Dickerson, MD Email Ginger</p>			

Connect with Barb on:



COMING SOON! BARB'S VLOG



The Olympic Meter



The dream of many professional athletes is to compete at the Olympics. Dreams can only become realities when we set a clear path and garner support along the way. My personal goal is to reach the 2012 Olympics in London. This cannot be achieved alone. It is a team effort, and as a team we work towards achieving a unified objective.

We are actively starting the process now by setting achievable goals and working towards them. Each and every one of you is a part of this journey and its ultimate outcome. Over the next few months, we will be developing and implementing the necessary steps. If you would like to be a part of this process, please email me at barb@barbarastrawson.com.

