



Collective Marks

Official Publication of the San Diego Chapter of the California Dressage Society

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July-August 2010

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Safety in the Show Ring: How to Compete in the Heat

By Gay Walker

Most San Diegans savor summer's longer days soaking up the rays at the beach, but the heat is serious business to the equestrian athlete, and potentially even more hazardous to the equine. According to a recent article in *The Horse*, a magazine sponsored by the American Association of Equine Practitioners, horses overheat faster than humans and are more susceptible to the negative effects of heat stress. In the article, Michael Lindinger, PhD, MSc, an animal and exercise physiologist at the University of Guelph in Ontario, Canada, explains: "It only takes 17 minutes of moderate intensity exercise in hot, humid weather to raise a horse's temperature to dangerous levels. That's three to 10 times faster than in humans. Horses feel the heat much worse than we do."

He also explains that while many horses and riders train their horses in the mornings or evenings to beat the heat, if they then land a competition ride during the hottest part of the day, their horse is unprepared for the heat stress, since they haven't been properly acclimatized to riding in the heat.

We asked two local experts for their advice for both horse and rider on training and competing in the heat. Veterinarian and dressage rider, Mark Silverman, DVM, of Sporthorse Veterinary Services, addressed keeping our horses safe, and dressage rider, Holly Salzman, MD, Professor of Family Medicine at the University of California, San Diego, had advice to share for the rider.

Protecting Our Horse's Health


Not only does our location matter, says Dr. Silverman, so does the breed we choose to ride. Different horses tolerate the heat better. "Lighter, thin-skinned horses tend to both acclimate better and cool better than heavier warmbloods," says Silverman. "Body mass retains heat. Look at your average endurance competitor as an example—small, light and lean with great lung capacity. They don't have the muscle mass in most cases for the high collection required of FEI-level dressage, but are ideally suited for normalizing body heat. The elite Grand Prix mount, on the other hand, is a mass of muscle with thick layers over the topline and hindquarters that enable him or her to perform the required movements. These muscles both create heat and retain heat. As an added challenge the warmblood tends to have a heavier coat."

Particularly on a hot show day, one sensible approach is to divide the workout—i.e., warm up the horse in the cool of the day, then do a second, brief warm-up right before the test—but the horse must be trained into this, says Silverman. Some horses take offense at being brought out more than once a day. The lower-level horse often expects to come out more often due to riding multiple tests, but FEI horses are used to one performance a day. Getting them used to an early loosening-up period followed by a tune-up prior to entering the ring is a good plan. Either way, frequent breaks are recommended. Heat buildup occurs during continuous efforts.

Also consider the humidity: Humidity limits the ability of sweat to cool the horse through evaporation. Keep a bucket of cold water available during the day to sponge the horse and scrape him off to improve cooling. Pay particular attention to areas of high blood flow—you can spot these by their big, visible veins—because they'll cool the horse faster.

In most cases, keep him moving to take advantage of the breeze. Also consider loosening the noseband to allow for improved respiratory heat loss. If it's dead calm outside, take advantage of shade and fans, or even misting fans, if available. Minimize the use of boots, polos, fuzzies over the poll, etc., but be practical. A horse that



(Heat - Continued on page 9)



REGIONAL ADULT AMATEUR COMPETITION

2010 SOUTH RAAC AUGUST 14-15

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QUALIFYING: AUG 30, 2009 -JUL 25, 2010

<i>This Month in Collective Marks</i>	<i>Departments</i>
Features	
Safety in the Show Ring: How to Compete in the Heat	Greetings from the Chair
1	3
Show Management Updated and RAAC Info	Volunteer Needs—RAAC/August Show
5	4
Practice, Practice, Practice-Local Schooling Shows	2010 CDS-San Diego Sponsors
8	7,8
Dressage International - New Circuit Show	Featured Board Member
10	10
What is Equine Clicker Training and how do you Apply it to Horses?	Heard 'round the Barn
11	13
Operation Saddle Up and Horses for Heroes	2010 Sponsorship Drive
16	14
Toothache? Here's how to tell if it's time to call the dentist	Horsey Humor
20	15
	Calendar of Events
	18
	Ask the Technical Delegate?
	19
	Classified Ads
	23

Greetings from the Chair

By Tiffany Silverman

I'm so excited to write this month's "Notes from the Chair" article because it's my chance to tell you all about the RAAC!

The San Diego Chapter was chosen last year by CDS to host the 2010 Southern Regional Adult Amateur Competition (RAAC) at this month's chapter show. Each region (Southern, Central and Northern) has its own competition offered to qualified Adult Amateur riders ONLY. This is the second year that CDS has offered this competition. Last year's inaugural RAAC at LAEC wasn't so well recognized since it fell on July 4th weekend. But THIS year it is going to ROCK! The San Diego board has been burning the candle at both ends to create the BEST show we've ever hosted! So, what can you expect?

We've hired **Nicho Meredith**, the voice of the FEI World Cup, as our announcer to spice up the airwaves! We have local Pony Clubs joining us to offer **boot polish, tack cleaning, and stall cleaning services!** Check out the "**Top Hat & Coat Check**" table at the warm up ring! We are offering a **Trainer Award** for the Instructor who brings the most students with him/her! Listen for your bridle number to be randomly called by the announcer in our **Rider Raffle** for your chance to win cool prizes! Dress up your barn aisle too for a chance to win the **Best Barn Presentation Award**. Not to mention our usual fun Friday Evening Welcome Party, Saturday Evening Competitors Party with live music, free breakfast pastries each day, free carrots for your horses, free cold water bottles all weekend, etc...

This is our chance to show the riders who will be joining us from all over Southern California how we do it "San Diego Style"! I hope to see you all August 14th & 15th at the Del Mar Horsepark for this fun and exciting event that will run concurrently with our Chapter Show. And while you're there and see someone you don't know, offer him or her your handshake and welcome them warmly to San Diego and what promises to be the RAAC that sets the new standard!

Cheers!

Tiffany



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The RAAC is coming to San Diego and WE NEED YOUR HELP!

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Hope everyone is having a fantastic Summer. CDS-San Diego is very excited about our next event! We are proud to be hosting, for the first time, the Regional Adult Amateur Competition (RAAC) this coming August 14th & 15th. We're really looking forward to making this our biggest (5 arenas!) and best competition yet, but we can't do it without **YOU** our volunteers!

Please take a moment to look below at what positions we are recruiting for as well as, how many individuals are needed (in parentheses) and let me know where you'd like to help out.

Lunch is provided to all volunteers that work all day and we also have yummy eats for breakfast and at each evening event. There will be **fun giveaways** for all and a great atmosphere with all levels of competition to observe.

And don't forget that **any hours worked go toward satisfying the four hour CDS-SD volunteer requirement for awards eligibility!** Not a member of CDS...that's okay. You can designate your hours to go toward another member's requirement.

Open positions:

Friday, August 13

Set up Crew (6)

Saturday August 14

Scribes (1 – afternoon only, and 1 – full day)

Scorers (2) - *These are paid positions*

Score Posters (2)

Runners (3)

Hospitality assistance for officials and spectators (2)

Bit/Tack Checker for Ring 1

Bit/Tack Checker for Ring 2

Sunday, August 15

Scribes (1 – afternoon only, 1 – full day)

Scorers (2) - *These are paid positions*

Score Posters (2)

Runners (4)

Hospitality assistance for officials and spectators (2)

Awards Booth (1 – am shift only)

Gatekeeper/Tack Checker for Ring 1

Gatekeeper/Tack Checker for Ring 2

Tear Down Crew (6)

There will be a brief training for Ring Stewards Friday evening, August 13th at 5:30. Please do not hesitate to contact me should you have any questions about what each position involves. Job descriptions and training will be provided. You can help out for multiple days, half days, or any combination of time.

Thank you in advance, and we look forward to having you join us.

Nikki C. Pecorelli
Volunteer Coordinator – RAAC
nikorelli@yahoo.com
(619) 890-7741

SHOW MANAGEMENT UPDATES AND IMPORTANT RAAC INFO

By Karla Palmer, Show Manager

First, I just want to announce a recent change to the structure of San Diego Chapter's show management. This is my third year as your show manager - it's been quite a challenging, satisfying, and educational experience. During my tenure they have grown from simple 2-ring shows into consistently full 3-rings and as of June 4-ring shows. This year, we were awarded to host the Southern RAAC, which is similar to a championship quality show, and we expect it to be at least 4-ring, possibly 5-rings, complete with honor rounds. What we learned over the course of the last three years is that our shows have grown beyond simple, grass-roots management.

After careful consideration, a new show management team has been formed consisting of me, still as Show Manager, along with Linda Barone and Lisa Blaufuss. Linda has always been my right-hand "man" with getting all of the set-up and tear-down organized, managing the awards, ribbons, and prizes plus SO much more. She's been so successful in streamlining our set-up and tear-downs that I just simply can't imagine doing this without her. Lisa's role is an extremely vital one to the team, the chapter and the show and really just makes all it possible. She will continue her role as the Sponsorship Coordinator, managing the show budget, and ensuring that we have more than adequate resources to not only support the chapter shows, but also educational events and activities to benefit all chapter members.

This new management approach will be a great benefit to the future shows. In 2011, our shows will be elevated from a Level 2 to Level 3, which means improved quality meeting strict criteria established by USEF. We will apply to be considered for national developing program qualifiers. Consideration will be given to perhaps adding show dates to our chapter's calendar as well. We are confident that the quality of the shows will only continue to improve with this new structure in place to support the growth that our shows have experienced.

And now it's time to get your RAAC on! We are so thrilled to have been chosen to host the Southern Regional Adult Amateur Competition this year. Equine Insurance went above and beyond to provide very generous sponsorship to make the RAAC in all regions possible...big thanks to Equine Insurance! I'm sure you've already read all about the special extras we have planned for the show in Tiffany Silverman's "Notes From the Chair", but in case you haven't be sure to check it out.

The RAAC is a rather new program that was established with 3 goals in mind: 1) to enhance awareness and participation within the chapter; 2) provide positive introductory show experience for riders which will hopefully be a stepping stone to bigger things, while offering more experienced AA riders an additional competitive experience; and 3) the RAAC shows were designed to bridge the gap between local chapter shows with individual year end awards programs and the tremendously difficult, top caliber competition at the Annual CDS Championship Show.

The Southern RAAC is being held in conjunction with our regular USEF/USDF/CDS rated show. Saturday's classes are open to all competitors; the RAAC riders are welcome to use those classes as their optional warm-up class. All RAAC classes are being held on Sunday. There are two divisions for RAAC riders – **Elite** riders have competed in a CDS Championship Show previously and **Novice** riders who have never competed in a CDS Championship Show Horse of the Year class. An important note of difference is that championship rules DO NOT APPLY, regular USEF/USDF/CDS competition rules are applicable.

If you are entered in the RAAC, please be sure to make careful notice of all announcements and literature regarding honor round scheduling and photography requirements. A RAAC Rider Representative will be available at the awards booth to help you with coordinating the times. Any changes to the awards scheduling must be cleared with RAAC Rider Rep in advance. All RAAC award winners (up through 10th place) will be invited to participate in the awards presentations. Honor rounds will be held during lunch for all classes scheduled in the morning and at the end of the day for the classes held in the afternoon. Those competitors that participate in the awards presentation will be properly attired in show clothes and show tack. Protective boots or wraps on the horses are permitted.

And for those of you RAAC riders that are 50 years of age or older, don't forget to officially sign up for the Roses Award. This award goes to the High Percentage Elite and Novice Rider. There will be a sign up sheet in the office when you check in – please make sure your name is on it in order to qualify. And the winners will be required to participate in the awards ceremony at the end of the day as well.

Good luck to all of our competitors and see you at the show!

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Thank you for your donations and support this season!!

CDS-San Diego Board of Directors

Practice! Practice! Practice! - Local Schooling Shows

For those of you who would like to get some extra practice in the show ring before entering a triple rated show, schooling shows may be the answer. There are several schooling shows in San Diego county that you could go to this season. But please note that schooling shows are for schooling purposes only. They are not official CDS San Diego events, circuit points are not awarded, and no credit is given towards satisfying the four hours of volunteer service required for circuit award eligibility.

- **POWAY** - www.PVRA.com Show Manager (858)243-1953 - August 30, October 10; Entry fee \$22 per class
- **ESCONDIDO** - Los Vallecitos Riders - www.lvclub.com - Dates to be determined
- **SAN MARCOS** -Discovery Valley Equestrian Center, www.discoveryvalleyequestrian.com. Dates to be determined
- **RAMONA** - Creek Hollow Ranch - www.creekhollowranch.com, ALL classes \$4.99; August 28, October 2, November 20
- **TEMECULA** - Black Dog Farm - www.tev-cds.org - September 25



Did You Know about Volunteering?

*Volunteer opportunities for the chapter don't all involve working at the horse shows. You can bring water or carrots to the horse show or help with non show events. You can also have someone work for you as long as they notify the volunteer coordinator that they are doing so **before** the event so that you can be given appropriate credit for it.*

(Heat - continue from page 1)

interferes must still be protected from hurting himself. Also consider a sheepskin saddle pad with the sheepskin against the horse to allow his back to breathe.

Give the horse electrolytes, lots of electrolytes, and keep him hydrated. Don't wait until the horse is dehydrated. Before the heat challenge, keep two buckets in the stall, one fresh water, and another that contains electrolytes.

Sometimes, despite your best efforts, it will still be too hot for your four-legged friend. When is it time to call it a day? Dr. Silverman says that a horse that can't catch his breath is in trouble, and so is one with excessive amounts of foamy sweat, because he's losing electrolytes that water alone can't replenish.

A larger problem is hot, dry skin, when you'd expect sweating, because it means the horse has lost the ability to compensate and is on the verge of heatstroke. If your horse seems depressed, weak or unwilling to work, don't assume he's lazy—he could be in big trouble and trying to tell you something.

Don't Forget the Humans

While you're worrying about your equine partner, don't forget that you can suffer heat-induced illness, too. All too often, riders don't even realize they're at risk. For humans, the biggest risk factors are dehydration and humidity. While we can't do much about the humidity, we can dress to minimize its effects, says Dr. Salzman. Lightweight, breathable clothing that wicks moisture away from the skin will make the most of whatever evaporation is available on a humid day. She also suggests wearing as few layers as possible, and if show coats haven't been waived, putting them on at the last possible moment.

As to dehydration, caffeine and alcohol, both diuretics, are our enemies and best avoided on the warmest days. What our bodies really need is water. "There's great debate," says Salzman, "over whether sports drinks are any better than plain water. The truth of the matter is probably that most of us don't lose enough electrolytes to need the sports drinks, but we'll drink a lot more when the water's flavored, so for that reason, the sports drink might be a better choice." Salzman advocates loading up with fluids throughout the day before getting on the horse; those extra fluids can keep the rider going until the final salute. Then, suggests Salzman, it would be a great idea to hand the reins off to a friend, so you can reach for a bottle of water to begin replenishing the fluid lost during your ride. You'll be in much better shape to attend to your horse by the time you reach the stabling.

In the past, riders have used the heat as an excuse not to wear helmets, but that's a mistake. Newer helmets are ventilated, but even classic velvet show helmets can be made heat-safe with a little ingenuity. Small gel ice packs can be cut in half, resealed with duct tape and frozen. Placed between the rider's head and the top of the helmet, they can keep the rider's head cool despite soaring temperatures outside. Tack stores sell more expensive, ready-made models.

Certain medications make it more difficult to ride in the heat. The biggest culprit is Topamax (generic name topiramate), but there are others. If you're taking medication, it's wise to consult your physician about any special precautions prior to competing.

Heat exhaustion--dizziness, weakness, nausea or vomiting, muscle aches, headaches, increased sweating--is a serious condition. If it occurs, it's time to call it quits for the day, get out of the sun, and cool down as quickly as possible. Failure to do so can lead to heat stroke, a life-threatening condition in which the body temperature rises rapidly due to failure of the body's heat regulating mechanisms, leading to damage to the kidneys, heart, lungs, muscles, liver, intestines and brain. Signs include absence of sweating, confusion and disorientation, erratic behavior, agitation, profuse sweating, seizures and coma. ANY signs of heat stroke are cause for a call to 911.

No dressage rider shows in the heat by choice, but with planning, it can be done safely and successfully.

Mark Silverman, DVM, MS of Sporthorse Veterinary Services regularly presents "Ask Your Vet" lecture series, which are listed on the CDS San Diego Calendar. Holly Salzman, MD, Professor of Family Medicine at the University of California, San Diego, sees patients at the Scripps Ranch office.

The Thunder God went out one day upon his favorite filly. "I'm Thor!" he cried, the horse replied "You forgot your Thaddle Thilly!"

Join the CDS email list!
Send your request to email Gay Walker at
gmwalkersd@mac.com to be added to our email list.

**Announce Your Events on the
CDS San Diego Website!**

**If you have a clinic or educational event you'd like to publicize,
email Gay Walker at
gmwalkersd@mac.com and Shari Millar at
sharimillar@aol.com**

This Month's Featured Board Member: Marsha Ruether Chapter Vice Chairperson

I am currently the CDS vice-chair. I was the secretary for CDS the previous five years.

I have loved horses all of my life. I started riding when I was able to talk my parents into taking me to a stable, around age 5. I love the exquisite heart and beauty of the horse. To me riding is the joy and freedom of coming together to dance with this magnificent animal.

I have a daughter that also rides although she prefers jumping.



NEW show to our San Diego Circuit! The Del Mar International Dressage Show

By Gay Walker

In the midst of an economic downturn and with WEG just a week away, you wouldn't expect a seasoned show organizer like Regina Antonioli to launch a new San Diego show in September, and certainly not a major one, but she has her reasons. "I've always wanted to do another show at Del Mar," she says. "I've been tracking the available USEF and facility dates for more than five years and finally something became available... The dates were too good to pass up. I love putting on shows in the San Diego area and at the Del Mar Fairgrounds. Exhibitors have been so supportive of the National, I'm thrilled to give back and support the local circuit at this show."

Yes, that's right. Regina is bringing the new show--the Del Mar International Dressage Show, September 17 - 19--on board with the San Diego chapter circuit!

Given the other new shows which have popped up in Southern California in recent years, we asked Regina whether she saw a Florida-style circuit developing here. Sadly, her answer was no. There, the exhibitors move down from the East Coast and the Mid-West and stay for the season, but she doesn't see that happening here, nor does she see our exhibitors willing to show at so many back-to-back events nor willing to pay the high fees a circuit like that requires.

How, then, does she see her show and the other new ones fitting into the established dressage scene? "I think it's always a positive experience to have a variety of facilities," she says. "I'm admittedly partial, but I think the Fairgrounds is one of the nicest in the country. It is very advantageous now to have the covered arena in case of poor weather. I think the quality of most all of the shows in the San Diego circuit is very high. Hopefully, all of us as managers can keep pushing the bar higher for the exhibitors."

That sounds good to us here on the San Diego Chapter Board! We welcome Regina to the neighborhood hope to convince her to bring the non-CDI portion of the Del Mar National into our circuit, too.

The Del Mar International Dressage Show will be held September 17 - 19 at the San Diego Fairgrounds in Del Mar. The show organizer is Regina Antonioli, and the judges will be J Weatherwax, C Carlson and C Doran. For more information, Regina can be reached at egconcepts@EarthLink.net or 805-306-1885

What is Equine Clicker Training and How do you Apply it to Horses?

By Katie Bartlett

Clicker training is a training method that uses the positive reinforcement quadrant of operant conditioning. Operant conditioning is the name (from B.F. Skinner) given to the process of learning in which our future behavior is determined by the consequences of previous behavior. If I do something and my actions are immediately followed by something I like, I am more likely to repeat that behavior. In Skinnerian terms, I have been positively reinforced for doing that behavior.

Clicker Training is a specific application of positive reinforcement where we use a marker signal (or bridge) to identify a specific behavior, which we then reinforce. The name "clicker training" refers to the most commonly used marker signal, which is a hand held clicker. In clicker training, we pair the marker signal with a primary reinforcer (usually food). By using a clicker, we no longer have to deliver the primary reinforcer exactly when the behavior occurs. The horse learns that the behavior that was clicked is the one that is being reinforced and that is the one he will repeat. This allows the trainer to mark correct behavior with the clicker and use positive reinforcement to motivate the horse to repeat the correct response. Clicker training encourages the horse to take an active part in the learning process and provides a basis for creating a positive partnership between the trainer and the horse.

For some of us, our first exposure to clicker training comes from the dolphin shows at the aquarium, watching a dog perform agility work, or trained animals at the zoo or circus. While this seems fascinating and interesting, most of us do not interact with our horses in the same way. Handling horses is mostly a contact sport meaning we use equipment or our own bodies to direct them. We don't tend to send them off to work at a distance or need them to perform complicated maneuvers without any human contact. What is important to realize is that one reason we don't train horses this way is that traditional methods have been geared toward riding and handling horses directly so this kind of training has not been explored by the general horse owning population. For most people, there is no need for it.

However, now that clicker training has been in use for a while with other species, people are exploring how to use it with horses. It turns out that clicker training is a powerful training method that works for all species and that it can be applied in many different ways. Using clicker training for liberty work is just one application. To really understand the power of clicker training, you have to learn that there are many ways to apply clicker training. So how do we clicker train horses? And why does it work for them as well as it does?

First of all, one of the great things about clicker training is that it is very flexible. The key components of clicker training are the marker signal, the use of positive reinforcement and the fact that the animal being trained is encouraged to actively participate in the training process. The details of what you train and how you train it can be modified to suit the trainer and the trainee's needs. This means that as clicker trainers, we can look for new and creative ways to get behaviors. Clicker training opens up new possibilities for ways to train behaviors and for new behaviors that we previously did not know how to train. We can use clicker training to train the same kinds of behaviors that are done with other animals. For example, it is ideal for training liberty work or any behavior where you are not in direct physical contact (through your body or equipment) with your horse. It is also ideal for teaching horses to voluntarily comply with husbandry procedures without the need for restraint.

Because clicker training is flexible, it also means that we can take more traditional approaches and add the click and treat so that we are using clicker training in combination with other methods. Adding the click and treat to many traditional training methods makes the lesson clearer to the horse and teaches the trainer to recognize the horse's effort and how to build behaviors one small step at a time. It turns out that by rewarding the horse and allowing it to actively participate in the learning process, clicker training is ideal for building the horse's confidence and changing its attitude toward riding and other handling. It allows you to communicate in a clear and positive way with horses that have emotional difficulties ranging from those that are aggressive to those that are scared.

I will describe here a few different ways to teach your horse using clicker training. Most of us use a combination of these methods at different times, depending upon what we are trying to teach.

Capturing: This is what many people think of when they first think of clicker training. You wait for the animal to perform a certain behavior, and then you click and treat. This marks the behavior and makes the animal more likely to repeat it. Capturing is useful for getting an animal to repeat a behavior that it already knows how to do and is doing on a regular basis. Horse trainers

(Clicker, continued on page 12)

often use capturing to capture behaviors such as lying down, smiling, picking things up, and other discrete behaviors. While capturing is useful, it is not a reliable way to get a specific behavior unless you know a situation in which the horse is likely to offer it.

Shaping: This is the essence of clicker training and a clicker trainer's main tool. Shaping is the name used to refer to the process of starting with a small piece of the behavior you want and transforming it over time by carefully reinforcing those efforts that lead to the final behavior. Shaping is also sometimes referred to as training by successive approximations. The key point about shaping is that in shaping you are building behavior in small steps. You get from one step to the next by selecting what behaviors you choose to reinforce and allowing the horse to experiment a bit to figure out what behavior gets clicked. It is a very creative process for both trainer and trainee. I said above that lying down was a behavior that could be captured. Lying down can also be shaped by reinforcing the horse for behaviors that lead to lying down such as lowering the head, bending the knees and lowering the body.

There are different kinds of shaping. In free-shaping, the animal's only source of information is the click. The trainer is a passive observer who marks and reinforces correct behavior, but does not actively interact with the animal during the process in any other way. Clicker trainers can also shape using other methods that provide the animal with hints of information about what kinds of behaviors are wanted. I can shape an animal using my body language, pressure and release, and other tools that provide the animal with some direction but that don't physically manipulate the animal.

Luring: Luring refers to using the food directly to get a behavior which you can click and reinforce. Most clicker trainers use luring sparingly or not at all as part of the reason clicker training works well is that the food is used to motivate and reward, but since it is only delivered after the click, it does not become a distraction. I included luring here because there are some cases where luring can be useful to jump start a behavior. Luring works if the horse knows they are not allowed to take the treat until you click. Most clicker trainers agree that if you do use a food lure, you want to fade it as quickly as possible. Sometimes you can start a behavior with a food lure and then switch to a target.

Molding: This is when I physically put the horse or body part in the position I want. If I am trying to teach a horse to step on a mat, I could pick up the foot and place it on the mat. This would be useful for a horse that was being calm about the training and just didn't seem to be offering any behavior. Like luring, molding is of limited use. It's greatest value is in jump starting a horse that is stuck. If I do use molding, my goal is to show the horse what I want and then see if I can encourage the horse to initiate the behavior on his own. So I might place the foot on the mat a few times, rewarding each effort. Then I will slow down my own movements and see if the horse anticipates what I want by starting to pick up his own foot as I reach for it. As soon as I get some active participation on the horse's part, I am going to switch to shaping.

Shaping using pressure and release: This is one of the most common ways that clicker training is used with horses. It is a subset of shaping, but it is a very directed form of shaping where the horse gets information about what you want through standard pressure and release cues. It is combined with clicker training so that the horse is rewarded by the release of pressure AND a treat. The addition of the marker signal adds a level of precision and timing that makes the training process clearer.

This application of clicker training is commonly used because it allows people to just add the click and treat to methods they already know. Most of horse handling in general, clicker training or not, involves physical contact with the horse either directly through our own hands, seat and legs or through the reins, lead rope, lunge line, etc. Shaping with pressure and release allows you to continue to use these same aids, but without the need to increase the pressure if you don't get the desired response. With a young horse learning to give to pressure, you can just apply a small amount of pressure and wait. It might just be a slight press of your hand on the hip to teach him to move over. If you wait and click for any small weight shift in the desired direction, you can mark that shift with the clicker and then build from there until he is smoothly yielding his haunches. This is a great way to teach horses to become light and responsive without the need to increase the pressure to a point where either you or the horse become uncomfortable and react negatively.

Targeting: Targeting is the behavior where an animal learns to touch a body part (with horses we usually use the nose) to another object (the target). Targeting is a behavior that is taught through capturing or shaping, but once learned, it becomes a valuable tool in its own right. Since it is such a useful tool, I wanted to mention it separately because you can use targeting to teach

(Clicker, continued on page 13)

lots of other behaviors. Once my horse learns to target, I can use targeting to teach my horse other skills such as leading, trailer loading, moving body parts, touching scary objects etc.. I can also use targeting to teach other behaviors by developing more advanced targeting skills such as teaching the horse to target other body parts to other objects. Targeting has replaced many behaviors that were previously taught through luring as it works better than luring because the horse is not distracted by the food and the horse is more aware of what behavior is associated with the target.

As I noted above, many of these methods can be combined. Behaviors have many parts. I might start a behavior by shaping with pressure and release and then free-shape some additional details. Or I might start a behavior with targeting and then use pressure and release to fine tune it and add body language cues. Part of the fun of clicker training is having lots of ways to train behaviors so that you can come up with the combination that works for you and your horse. In addition, these methods are not limited to any particular aspect of horse handling. I can use them for groundwork, behaviors around the barn, riding, driving, liberty work, trail riding and so on.

People often say that they can see how this works on the ground, but what about riding? I can clicker train from the saddle in the same way I train from the ground. My horses learn how to stop at the click and bring their heads around for the treat. I am careful about choosing treats that can be given easily from the saddle and I make sure the horse knows how to eat with his bridle on. Learning to come around and take a treat under saddle is a great way to increase flexibility and my horse's behavior when accepting the treat can provide useful information about his mental state. In the beginning, there will be lots of stopping and starting, but as the training progresses, I can go longer and longer between clicks and treats. Clicker training under saddle creates horses that are very focused and cued in to the rider.

This article has just been a brief overview of how to apply clicker training to horses. If you want more information, there are specific training articles on my website. If you want to learn more about operant conditioning in general, there is a lot of information on it available on the web. I have also written an in-depth article on it on the training page. There are now a few books available on clicker training for horses, but don't restrict yourself to horse training sites or books. A lot of the information for training dogs and other species can be directly applied to horses.

By Katie Bartlett
kabart315@gmail.com.
www.equineclickertraining.com

HEARD 'ROUND THE BARN

Congratulations to Elizabeth Ball and her US bred Selten HW who was the only horse in the country this year to qualify for the World Breeding Championships in Germany, (with an 86%!). Due to the overwhelming cost of taking him to Germany, Elizabeth opted to return to Dressage at Lamplight in Wayne, Illinois for the Markel/USEF National Young Horse Championships in hopes of winning Selten's third national title. If so, Selten HW would be the first horse to win the Triple Crown of the Young Horse program. The Markel/USEF National Young Horse Dressage Championships for 4, 5, and 6-year-old horses, promotes the importance of selective breeding and correct training of horses in the United States. The program recognize outstanding talent and the training of international-caliber horses; and to prepare these horses for future careers at the FEI level and participation on U.S. High Performance teams. We wish Elizabeth and Selton the best of luck!

High Points from June CDS Chapter Show

Del Mar Showpark

OPEN: Liz McConnell riding Fabiano 75.6%

AA: Yvette Pickrell riding Winsome 72.895%

Junior: Tessa Dick tiding Versace 73.421%

CDS-SD Newsletter

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THE 2010 SPONSORSHIP DRIVE

The 2010 Sponsorship Drive is well under way! I'd like to express a huge thank you to the individuals and companies that have donated so far this year. Your contributions help us tremendously when it comes to putting on the chapter shows and educational events. This year we are very excited about hosting the RAAC in August, sponsored by Equine Insurance, along with our regular chapter show and it is looking like it will be a big show! If you have thought about sponsoring your dressage chapter, now would be the time. We need financial and product donations to help make this show a success. To find out more about our sponsorship program please go to our website and click on sponsorship description on the home page. It lists the different levels of sponsorship and the benefits for each category.

You can also contact me if you have any questions at 619.665.6463 or lisa_blaufuss@yahoo.com.

Looking forward to seeing you in August!

Lisa Blaufuss


Sponsorship Chair

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How Many Horses Does it Take to Change a Light Bulb?

- **Thoroughbred:** Who ME? Do WHAT? I'm scared of light bulbs! I'm outta here!
- **Arabian:** I changed it an hour ago. C'mon you guys--catch up!
- **Quarter Horse:** Put all the bulbs in a pen and tell me which one you want.
- **Standardbred:** Oh, for Pete's sake, give me the darn bulb and let's be done with it.
- **Shetland:** Give it to me. I'll kill it and we won't have to worry about it any more.
- **Friesian:** I would, but I can't see where I'm going from underneath all this mane.
- **Belgian:** Put the Shetland on my back. Then, maybe he can reach it.
- **Warmblood:** Is the 2nd Level instruction packet in English? Doesn't anyone realize that I was sold for \$75K as a yearling, but only because my hocks are bad, otherwise it would have been \$100K? I am NOT changing light bulbs. Make the TB get back here and do it.
- **Morgan:** Me! Me! Me! Pleeease let me! I wanna do it! I'm gonna do it! I know how, really I do! Just watch! I'll rewire the barn after, too.
- **Appaloosa:** Ya'll are a bunch of losers. We don't need to change the light bulb. I ain't scared of the dark. And someone make that darn Morgan stop jumping up and down before I double barrel him.
- **Haflinger:** That thing I ate was a *light bulb*? Why don't we camp out in the open like real horses?
- **Mustang:** Light bulb? Let's go on a trail ride, instead.



- **Lipizzaner:** Ha! Amateurs! I will change the light bulb. Not only that, but I will do it while standing on my hind legs and balancing it on my nose, after which I will perform seven flying lead changes, followed by a capriole. Can you do that? Huh? Huh? I didn't think so.
- **Miniature:** I bet you think I can't do it just because I'm small. You know what that is? It's sizeism, that's what it is!
- **Akhal Teke:** I will only change it if it's my owner's light bulb and no one else has ever touched it.
- **Andalusian:** I will delegate the changing of the lightbulb to my personal groom after he finishes shampooing my mane and cleaning my saddle, but only on condition that it is changed for a soft blue or green bulb, which reflects better off my coat while I exhibit my astonishing gaits.
- **Cleveland Bay:** I'm busy. Make the whipper-in and the hounds do it.
- **Saddlebred:** My ears are up already. Please, please, please get the light bulb away from me. I'm ready to show, really. I promise I'll win!
- **Paint:** Put all the light bulbs in the pen, tell me which one you want, and my owner will bet you twenty bucks I can get it before the quarter horse.
- **POA:** I'm not changing it. I'm the one who kicked the old one and broke it in the first place, remember? Now, excuse me, I have grain room to break into.
- **Grade Horse:** Guys? Um, guys? I hope you don't mind, but I went ahead and changed it while you were all arguing.

Operation Saddle Up and Horses for Heroes

By Gay Walker

Ask dressage riders what keeps them coming out to the barn day after day and you'll often hear something along the lines of "it keeps me fit" or "it keeps me sane." Well, we're on to something with that assessment, because horses are also uniquely suited to provide therapy to the disabled. Their companionship offers a calming psychological and social effect, and their three-dimensional swinging gait moves the rider's body in ways similar to those produced by the normal human walk. The warmth generated from their bodies soothes and relaxes painful or tight muscles, joints and tendons, allowing the rider to build strength and flexibility.

Accepted for years as a means of treating the physically disabled, therapeutic riding is now recognized as one of the most important tools available for healing our wounded soldiers. With the rising number of veterans returning from Afghanistan and Iraq with both physical and cognitive disabilities, the Naval Medical Center and the Veteran's Administration have turned to therapeutic riding programs, and since January 2008, Cornerstone Therapeutic Riding Center has been one of three centers participating in a pilot program created by the JF Shea



Center in San Juan Capistrano to provide therapy to wounded and ill veterans. Dubbed *Operation Saddle Up*, the program serves returning soldiers with lost limbs, post-traumatic stress disorder and other war-related illnesses and injuries, providing them with a comprehensive horsemanship curriculum that includes tacking up, riding, natural horsemanship, groundwork and roping, as well as exposure to both English and Western riding disciplines. Riders learn the skills they need to walk, trot, canter and ride the miles of trails surrounding Cornerstone.

A similar program, *Horses for Heroes*, was developed at Ivey Ranch Park, to work with the Wounded Warrior Battalion at Camp Pendleton and the Naval Hospital Vestibular and Traumatic Brain Injury Clinics. The *Horses for Heroes* program differs slightly, in that it utilizes able-bodied active-duty or veteran military personnel in place of the volunteers that *Operation Saddle Up* relies upon, but there's still a need for a civilian physical, psycho and/or equine therapists. Tonya Danielly, executive director of the program at Ivey Ranch Park, says that the use of able-bodied military personnel in place of volunteers provides unique camaraderie and encouragement, to the point that the therapists, who have not

(Continued on page 17)

(Operation Saddle Up - Continued from page 16)

experienced combat, often feel like outsiders. Danielly is thrilled when this happens, because “when the therapist becomes ‘invisible,’ the magical healing between horse and rider begins.”

Judy Beckett, executive director of Cornerstone’s *Operation Saddle Up*, is also struck by horses’ healing power. “It has been truly miraculous to see the positive impact and life-changing effect the horses are having on our veterans.” She describes one man who was nonverbal and barely able to follow directions, but by the end of his first session, he was having the time of his life. A technician accompanying him told her he would never have believed it if he hadn’t seen it with his own eyes--the man had talked more the first day at *Operation Saddle Up* than he had over the previous two months. “That’s what the horses are doing,” Beckett says with a smile.

There’s no shortage of testimonials:

“I felt as though I had lost my humanity, and the horses have allowed me to regain my faith in people.” U.S. Navy Captain

“This experience has changed my life and I don’t know where I would be otherwise.” U.S. Marine

“I cannot remember the last time I had fun. I’d forgotten what it was like to be happy and enjoy life.” U.S. Navy Captain

“In all of the therapy programs we participate in, this is the place I really want to be.” U.S. Marine

“I wish I could be here every day.” U.S. Army Lance Corporal

“This program literally saved my life.” U.S. Army Sergeant

Cornerstone and Ivey Ranch both report their programs operate at capacity, with participants signing up to return over and over again. Some participants, once healed, have even gone on to become North American Riding for the Handicapped Association-certified instructors themselves. Both programs—*Operation Saddle Up* and *Horses for Heroes*—



have exceeded the expectations of the doctors, therapists and riders alike, and they continue to grow, which means they’re always looking for new sources of funding and in Cornerstone’s case, for new volunteers. It’s a challenge, but a challenge both Beckett and Danielly are eager to take on because of the associated rewards. “We’re watching the horses transform lives,” says Beckett. “It’s truly miraculous, the effect horses have on [the veterans]... It’s profound, humbling, probably the most life-changing experience I’ve had. Watching what’s happening is a blessing.”

Both Cornerstone Therapeutic Riding Center and Ivey Ranch Park are 501(c)3 non-profit organizations. For more information, visit Cornerstone at <http://www.cornerstonetrc.org/index.html> or e-mail at judybeckett@sv-mail.com or Ivey Park Ranch at http://www.iveyranch.com/horse_heroes.htm or e-mail Tonya Danielly at iveyranch@yahoo.com.

Fire Evacuation Have a plan to Evacuate your Horse

It is that time of the year to prepare your home and your horse for a fire evacuation. Here is a list of items to have on hand:

- Water bucket
- Halter
- Lead rope
- Equine medications and instructions
- Identification papers/photographs for each horse
- Feeding instructions
- 50ft. cotton rope
- Equine and human first aid kits
- Flashlight- spare batteries
- Permanent ink black marker pen
- Plenty of leg wraps or polo wraps
- A change of clothes for you
- Keep identification tags on your halters and ropes-duct tape works just fine. Micro Chipping is also a great way to identify your horse

Important Numbers in case of Fire Emergency: CAL Fire has a 24 hr. human hotline for fire info: 619-590-3160 Use this number for accurate fire information

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CALENDAR OF EVENTS

SHOWS:
 CDS Chapter Show and RAAC - Del Mar August 14/15
 TEV Temecula—September 4
 Creek Hollow Ranch - September 11/12
 Del Mar International - September 17-19

SEMINARS:
 Alfredo Hernandez Clinic August 9/10

CLINICS:
 October 30 or 31-TBD - CDS San Diego, together with AXEL STEINER and DOVE HOLLOW DRESSAGE CENTER, will be presenting a TEST-RIDING CLINIC featuring the new tests for 2011! Colonel Axel Steiner himself, FEI-O Judge and CHAIR of the USEF Test-Writing Committee, will be our clinician for this exciting event and 100% of the proceeds will be donated to OPERATION SADDLE-UP and HORSES FOR HEROES. Watch your newsletters and eBlasts for information as to the date and how you can sign up as a rider or auditor. This is an event you won't want to miss!

Check the website for the most up-to-date listing - sandiegodressage.com

Ask the Technical Delegate?

Magnetic Stirrups Legal or Illegal?

If you are a participant in Jumping or Eventing, you may be aware of a Magnetic Boot/Stirrup system (One brand is On Tyte) which aids the rider in keeping their foot in the stirrup. Magnets are implanted within custom stirrups and plates are contained in an integrated sole system to the boot. The system is advertised to help hold your foot in the stirrup but not so tight as to keep you from releasing the stirrup in the event of a fall.

Recently the question was asked of Dressage TD's if this system would be legal in Dressage?

DR 121.1 of the USEF Rule Book states that an English type saddle with stirrups is compulsory. It further states that English-style stirrups, without attachments, or safety stirrups are compulsory. Would you interpret the rule then that magnetic stirrups are legal or illegal in competition?

This question was recently discussed by the USDF TD Committee, with consultation from Janine Malone, and it was felt that magnetic stirrups are currently legal equipment in Dressage. However, as the USEF Dressage Committee has not officially ruled on this issue, watch for future updates to see if these magnetic stirrups are officially ruled as legal Dressage equipment.

Janice Welch, Technical Delegate

Calling all Junior Riders!

WE WANT YOU!!

The newsletter editor is looking for some special young riders to profile in the upcoming CDS newsletters. Please submit info and pictures and a short summary of why dressage is special to you. Instructors, please encourage your junior riders to submit their info for a chance to be profiled in the newsletter! Please email the newsletter editor.



Karen Henken
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Toothache? Here's How to Tell if It's Time to Call the Dentist

Just like people, horses need regular dental care and maintenance to ensure healthy and long lasting teeth and gums. Most veterinarians will perform routine dental exams and floating (the process of filing off the sharp edges) during their bi-annual farm calls. But problems can crop up in between visits.

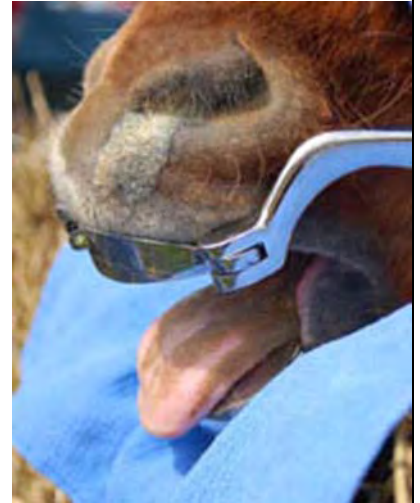
Some of the signs of equine dental discomfort may initially appear as training issues. A horse that tosses his head, for example, may have a sharp tooth. Other signs include head tossing, avoiding contact with the bit, or not wanting to have his face or muzzle handled. A horse that salivates excessively or becomes a hard keeper may be having trouble chewing his food.


Common horse dental problems include (and sound very much like human teeth ailments):

- Sharp molars that cause rubs and sores on the cheeks and tongue
- An abscess
- Tooth and jaw misalignments
- Wolf teeth may interfere with a bit in his mouth


Inflammation of the gums may cause problems from periodontal disease

Horse dental care requires that owners schedule visits with the veterinarian every six months, and for young horses, before they go into training. Ask your vet for a thorough examination if your horse exhibits any of the symptoms above. Just as in humans, dental problems can lead to other, more serious ailments, so a preventive maintenance routine is key to healthy horse teeth.





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CLASSIFIED ADS

For Sale: 2005 Oldenburg gelding by Pik's Pride out of Pikadero/Absatz mare. Very flashy, with elastic movement and expressive gaits. Scores in 70's at Training Level at the 2009 Fall Chapter Show; showing First Level in 2010. Flashy enough for a professional, but easy enough for an amateur. Jürgen (858) 945-6022 or germandressage@aol.com (expires 9/1)

For Sale: 2004 RPSI gelding by Pik's Pride out of Pregelstrand (Trakehner) mare. Flashy chestnut with diagonal white socks, elastic movement, expressive gaits. Proven winner at Training, First AND Second Levels, with scores in 70's (!)--he's the perfect horse for the adult amateur who wants to win in the show ring! Very balanced. Will soon be ready for 3rd, and has the potential to progress steadily to FEI. Jürgen (858) 945-6022 or germandressage@aol.com (expires 9/1)

For Sale: Imported 1998 Dutch Gelding by Jaccardo, 16.1 h, dark bay, showing 4th level and schooling tempi's and canter pirouettes. Uphill build, very fun to ride, with attention-getting gaits that gather fans at the warm-up. Podium horse NOW for an FEI Junior, with potential to do the same for a YR. Also perfect for an AA woman. Jürgen (858) 945-6022 or germandressage@aol.com (expires 9/1)

For lease: Trakehner gelding one or two days, excellent horse to learn lower dressage on, or for someone getting back into riding. \$150, lower-intermediate rider. Includes weekends, very flexible schedule. surfnturflady@aol.com (expires 9/1)

Position Wanted: 18 year-old German YR seeks one-year job in the United States riding horses; experience to M-Level dressage and riding young horses. Contact Kim Bartel through Eva Koeckmann by [e-mail](mailto:) if interested. (expires 10/12)

FOR SALE: NIEDERSUSS DRESSAGE SADDLE \$1500 Niedersuss Dressage Saddle with 17" seat and regular tree. Measurement from stirrup bar to bottom of flap. is 16.5". Previously owned but in excellent condition. Only flaw is a minor scrape to the seat. Serial number is 9406590WK2 42. Please call Nicole (858) 200-6393 or email dovehill@wildmail.com (expires 9/1)

FOR SALE: SCHLEESE DRESSAGE SADDLE \$3150 OBO Black 17.5" Triumph Schleese Saddle with Adapta-Tree, totally adjustable saddle. Almost new dressage saddle. The deep, extra soft seat with an 11 cm cantle gives the rider a centered ride without feeling too much push from behind. The Triumph is designed as a close contact dressage saddle and gives the feel that your thigh is right against the horse's side. Adjustable thigh blocks give the rider the freedom to change their leg supports, while encouraging the straight line shoulder-hips-heels position. The independent ¾ panel comes with extreme shoulder relief system to provide superior shoulder freedom. The independent panel keeps the panel as flat and wide as possible allowing the spine to move, bend and lift with the horse's motion during collection. The Triumph gives close contact and comfort for the rider who likes the security and softness of a very deep seat. Please call Nicole (858) 200-6393 or email dovehill@wildmail.com (expires 9/1)

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