THE NEXT IEO BOARD MEETING
Beth Major will host the Sunday, April 21 meeting at 4 pm at her home: 1481 South Mountain Road, Dillsburg, PA 17019. Please call if you plan to come 717-432-7068. Beth is our librarian, so you can take home some good reading!

IEO SCHOOLING SHOW DATES FOR 2013
May 26, June 23, July 21, August 25 (team show) and September 22. All the shows will be at Harmony Hill. The prize lists are located on the IEO website www.ieodressage.org

IEO HORSE MANAGEMENT CLINIC REPORT
Sunday, March 10th dawned sunny and unusually warm for the almost 30 dressage enthusiasts who traveled to Homestead Farm in Hummelstown, PA for the 2013 IEO Horse Management Clinic. With 5 enthusiastic instructors teaching everything from basic to advanced longeing techniques, stable and polo bandages, equine first aid and rider biomechanics, the day was full of new challenges for everyone. IEO young rider, Sam Bray with her wonderful pony Life Takes Visa, were the guinea pigs for our Muscle Activation Technique (MAT) demonstration with therapist KeriAn Cross and did a super job demonstrating how improving rider biomechanics through MAT can improve your position and your ride. Instructors Kim Hillyer, Alex Moody and Jessie Barker kept everyone busy wrapping our 3 patient bandaging models, who relaxed in the aisle way as eager students practiced their standing and polo wraps (“remember how to roll the bandage on in the proper direction – it’s like doing the breaststroke!”) Special thanks to Leslie London for hosting our pot luck lunch and keeping everyone well supplied with drinks and snacks throughout the day and to the staff at Homestead Farm for preparing our meeting room and the arena. - Susan Moody
IEO MARCH 2013 BOARD MEETING HIGHLIGHTS

Here is a quick look at what’s new from the IEO March meeting:

* We currently have 47 members, including 4 Young Riders, in the club.
* The IEO has a collection of beautiful silver trophies from many years ago when we held recognized shows and we formed a committee to explore the idea of re-purposing these trophies. Contact committee chair, Leslie London (quarterhorseleslie@gmail.com), if you would like to join the committee.
* The club Young Riders are looking into designing a T-shirt that would be for sale as a fundraiser.
* The club is designing a new IEO polo shirt that we hope to have ready before our first schooling show in May. The shirt will be recommended attire for all IEO show volunteers and those that volunteer will receive a price discount. Pictures and ordering information should be available later this month.
* Would you like to learn how to scribe or master the skills necessary to work as a dressage scorer? A clinic to train volunteers is being developed and we hope to have more information soon. Contact Kim Hillyer (ironrockfarm-hillyer@comcast.net) if you are interested.
* A new feed label redemption program from Nutrena was adopted, with all monies raised to go toward funding activities for the IEO Young Riders program. For more information, see the item in this month’s newsletter.
* We’re looking for more members to complete our IEO Members Profile and send it into editor Kathy Nelson (katnels@msn.com) along with a picture, so that we can get to know you better!
* The next regular meeting of the Board will be Sunday, April 21st at 4 PM at Beth Major’s home (1481 South Mountain Rd., Dillsburg, PA 17019). All members are welcome to attend. If you plan to attend, please RSVP to Susan Moody (roomoody02@gmail.com).

TRAIN IN AUSTRIA - NEW TRAINING FOR NONPROFESSIONAL RIDERS

The Heldenberg Training Center Fund has been established in memory of E.L. Dreitzler by Ralph and Freddie Dreitzler in conjunction with the Dreitzler family. This Fund will provide grants to nonprofessional North American riders for theoretical study and/or training at the Heldenberg Training Center. Initial grants will cover the tuition costs of attending the Spanish Riding School’s Training Center. As the grant fund grows, future grants may also cover all or a portion of the transportation, lodging and related expenses for up to two months of training. To make a donation to the Foundation, you can call our office at (402) 434-8585, visit our website www.DressageFoundation. Grant applications are due at the Foundation office by July 1, 2013, and recipients will have up to two years to use the funds. Application forms and instructions are available at www.DressageFoundation.org or by calling The Dressage Foundation office at (402) 434-8585.

FANTASTIC YOUNG RIDER OPPORTUNITY

The Dressage Foundation’s Young Rider International Dream Program is ready to go for the 12th year! The deadline is Friday, April 19th. Applications are now being accepted for this once-in-a-lifetime opportunity. Applications will not be mailed out this year - the application can be found on the website: http://www.dressagefoundation.org/International_Dream_Program.htm If there are any questions, please feel free to contact Jenny Johnson, The Dressage Foundation's Administrative Director, at 402-434-8585.
NUTRENA FEED LABEL REDEMPTION PROGRAM

The IEO has just registered with Nutrena to participate in their Club Support Program. Through this new program, we will be able to receive cash for all the Nutrena feed labels and proofs of purchase that we collect. The money generated by this program will be earmarked for the IEO Young Riders program, helping our younger members raise funds for clinics and activities. The program is as simple as cutting and collecting the proofs of purchase and Feed tags from the Nutrena feed products listed below and the list includes dairy and pet foods as well as horse feeds. Please take a minute to check this list of Nutrena products and then save your proofs of purchase. And ask your friends to save their feed labels as well!

Proofs for the following feeds can be mailed to IEO Young Rider, Samantha Bray, at 160 Pine Woods Rd., Wellsville, PA 17365:

- Life Design®, Vitality®, Legacy™, SafeChoice®, LiteBalance™, XTN®, High Fat Performance Pellet (0.35/ proof of purchase)
- Empower™ Supplements (0.50/ proof of purchase)
- Triumph®, Stock and Stable Feeds, NW Stretch Hay Extender, Hay Extender Big Bites (0.10/ proof of purchase)
- Showmaster Show Feeds (0.35/ proof of purchase)
- Naturewise Farmstore Feeds (0.20/ proof of purchase)
- Cargill Milk Plus, Dairyway, Dairy Focus Feeds (0.20/ proof of purchase)
- All Other Nutrena Grain Products (0.10/ proof of purchase)
- Loyall Pet Food #20, #40, #50 (0.40/ proof of purchase)
- River Run Dog Food (0.40/ proof of purchase)

IEO Member Profile for April

IEO Member Profiles for 2013 Close Contact Newsletter and Website

Name: Barb Bingham  
Horse’s Name: Canadian Mist (“Vegas”)

(Editor’s note: Barb and Vegas were the IEO Musical Freestyle Champions and Reserve Champion Adult at 1st Level for 2012.)

Profession: Barn manager, aka “Equine Caregiver”

Current training level and how long you’ve been riding: Currently at 1st level, but I have been seriously riding dressage for 3 years.

Long term riding goal: I want to still be in the saddle at 80!

Favorite dressage reading book: Sally Swift’s “Centered Riding”

Favorite quote (can be related or unrelated to riding): “Life is too short, ride your best horse first!”

The most important lesson I’ve ever learned: I am still trying to learn patience.

My happiest horse memory: Having my baby horse, “Remmie”.

My dressage role model or favorite rider: Evelyn Pfoutz

My most embarrassing moment on a horse: Forgetting my test at Intro level!

When I’m not riding, I like to: Garden and hike
HOW DO SUCCESSFUL RIDERS EFFECTIVELY UTILIZE THE DRESSAGE TRAINING PYRAMID?

PART 1 – IT’S ALL IN HOW YOU THINK ABOUT IT

For dressage riders, the Training Pyramid seems like an easy to explain and understand method for developing a classically trained horse. Common sense dictates that you just start at the bottom and work your way to the top, right? I only wish it could be that easy. Many of the daily problems that riders encounter can be directly attributed to either misunderstanding how the pyramid works, or ignoring the basic precepts that it preaches. Let me give you an example.

A few years ago I had a student eventing at the training level that came to me for help with her dressage. Her goal was to move up to preliminary that season and she was certain her Thoroughbred campaigner had enough jump to get around a prelim course, but he was anxious and inconsistent in the dressage phase. When I sent her out to warm-up, it became clear that she was missing the Three R’s – relaxation, rhythm and regularity. Her horse was so tense and inverted at home that she struggled to get him to walk calmly and correctly with 4-evenly spaced walk beats, so her solution was to just bypass walk altogether and only work in trot and canter. She recognized that she had a problem, but how she thought about the problem, “He’s just nervous and he’ll calm down after I canter him enough to tire him out,” led her to spend her time riding the symptom and not correcting the underlying issue. Meanwhile, her horse got fit and never learned how to carry himself and her correctly in relaxation with a long neck and lifted back and she was seduced into trying to fix the problem with her hands. To make a long story short, going back to fix the hole in her horse’s foundation was a long, slow process that involved lots of leg yield on a circle and lateral work at the walk. Even more importantly, helping her to realize that flawed thinking was at fault and that attempting to ignore the first 2-steps of the Training Pyramid (“Rhythm with Energy and Tempo and Relaxation with Elasticity and Suppleness”) was the root of her problem, was essential in convincing her to put her jumping work on hold and focus on mastering rhythm and relaxation in all 3-gaits first.

So what is the moral of this story? First is to realize that the way you think about your riding problem greatly influences how you go about solving that problem. Ask yourself how your specific issue relates to the Training Pyramid and then address the larger, over riding precept (Rhythm, Relaxation, Connection, Impulsion, Straightness, Collection) that is missing. When you address the underlying problem, you will ride differently than if you were riding the symptom and that puts you one-step closer to overcoming your problem. In this rider’s case, constant reminders to insist on the Three R’s (relaxation, rhythm, and regularity) set the stage for the change they needed.

Next month, I’ll explore additional ideas on how successful riders utilize the Dressage Training Pyramid. - Susan Moody, IEO President

THE USDF REGION 1 LICENSED SHOW OMNIBUS HAS GONE DIGITAL

The Region 1 Omnibus has gone digital. The USDF Region 1 website will provide a page on the website that has all the same features of the Omnibus. As a bonus for shows that list with the digital omnibus, a regional e-blast will be sent out monthly containing the shows in the next 30-60 days with links, open and close dates. There will be no cost to competitors.
JUST FOR FUN…

**Purpose:** As a method to get to know more about our IEO members, a monthly member profile will be featured in the newsletter. Email your filled-out questionnaire (cut and paste into an email) and attach a photo of you and your horse to katnels@msn.com. Don’t be shy!

**IEO Member Profile Questionaire:**

Name: \_____________  Horse’s Name: \_____________

Profession: 

Current training level and how long you’ve been riding: 

Long term riding goal: 

Favorite dressage book: 

Favorite quote (can be related or unrelated to riding): 

The most important lesson I ever learned: 

My happiest horse memory: 

My dressage role model or favorite rider: 

My most embarrassing moment on a horse: 

When I’m not riding, I like to: 

Something people don’t know about me: 

HONORING SENIOR DRESSAGE RIDERS AND HORSES

The Century Club recognizes Dressage riders and horses whose combined age totals 100 years or more. Horse and rider perform a Dressage test of any level, at a Dressage show or event, and are scored by a Dressage judge or professional. The Dressage Foundation will send a beautiful black and gold ribbon to be presented to the team at the show and a handsome Century Club Award bearing the names of the rider and horse, the year of their ride, and team number, is later presented to the Century Club Team.

The Century Club ride has evolved into a serious endeavor that encourages and rewards our older senior riders. The rider need not show everything at their level of ride, but it is important to show that rider and horse work well together.

In order "to do good, we must do well," and we welcome your financial support to help with expenses of the Century Club News, and the personal plaque and ribbon that we present to each Century Club member. A donation of $100. or more will help cover the administrative costs associated with the continuation of this program.

To contribute, contact Jenny Johnson info@dressagefoundation.org, (402)434-8585, or write 1314 ‘O’ St. Suite 305 Lincoln, NE 68508.

The Dressage Foundation is a non-profit, tax-exempt organization, to which donations are fully tax-deductible to the extent allowed by law.

NEW BOLTON CENTER FREE LECTURES

**April 3, 2013** Lawrence Soma, VMD  The Dope on New Drug Research and Testing.

**May 1, 2013** Patrick Reilly, Farrier  The Penn Vet Podological Museum: The Farrier-Vet Connection Through the Years

**June 4, 2013** Mariana Crumley DVM  Down for the Count: the Science and Art of General Anesthesia in Horses
This schedule is subject to change. Please RSVP to beltb@vet.upenn.edu. Please check the website, http://www.vet.upenn.edu/FirstTuesdays, for the most current information.

**ACTIVITIES COMING IN 2013**

- **May 24-26, 2013** CDI Allentown hosted by ESDCTA
- **July 6 and 7, 2013** Adult Team Competition hosted by PVDA in Upper Marlboro, MD
- **July 6 and 7, 2013** Youth Team Competition South hosted by NCDCTA in Raleigh, NC
- **July 27 and 28, 2012** Youth Team Competition North hosted by VADA at Morven Park Leesburg, VA
- **September 24-29, 2013** Dressage at Devon
- **October 17-20, 2013** USDF/GAIG Regional Championships hosted by VADA in Lexington, VA
- **November 1-3, 2013** BLM Championships hosted by NCDCTA in Williamston, NC
- **November 7-10, 2013** The first US Dressage Finals will be held at the Kentucky Horse Park, in Lexington, KY.
- **November 16, 2013** Region One Fall meeting at Best Western Leesburg, VA
- **December 4-7, 2013** USDF Convention Lexington, KY

**VISIT e-TRAK; USDF’S ONLINE LEARNING CENTER**

Available at no cost to all current IEO members, e-TRAK is USDF’s online learning center for dressage and equine education. Through one convenient location, members can access hundreds of educational resources, engage in structured learning activities, and earn USDF University Program credit! To access e-TRAK, IEO members just need to log in to the website at www.usdf.org/e-trak.

**THE IEO LIBRARY NEEDS YOU!**

You know the adage, "neither a borrower nor a lender be", but we want you to be both. The IEO library has over 40 horse-related titles ranging from training to novels - something for everybody. The titles are now posted on the IEO website (www.ieodressage.org) so you can see what is available. Is there something you would like to borrow? Something you would like to donate? Something you wish we had? Call or email librarian Beth Major. Phone: 717-432-7068  email: Beth.Major@ymail.com

**CLASSIFIED ADS IEO members advertise for free**

**FIT RIGHT SADDLE SOLUTIONS** - Saddle fit evaluations performed by Certified Saddle Ergonomist, Riding Instructor, Independent Saddle Fitter. For over 30 years, Terry Peiper based at Buck N Horse Hollow in Carlisle, PA has been "Helping Horses With Their People" through riding lessons and clinics. Recognizing the huge need for proper saddle fit Terry is a proud member of the Saddlefit 4 Life network of equine professionals dedicated to preventing long term damage to horse and rider. Terry is also an Authorized Schleese Saddlery, Specialized Saddles & TW Saddlery Representative. Adjustable dressage, hunt seat, western performance, trail and endurance saddles are available for demonstration and trial rides. For a personal saddle fit evaluation, saddle fitting lecture or training session with your horse contact Terry at (717) 240-0723  tpeiper@aol.com or visit the web site&n bsp; www.bucknhorsehollow.com
**WANTED:**

Large Pony Or Small Horse Wanted - I'm a small adult looking for a half-lease or share-board on a large pony or small horse, preferably with some dressage training, within 30 minutes of Dillsburg. I am an intermediate rider with many years of experience. I was schooling 2nd level on the last horse I leased. Call anytime: Beth 717-818-9127.

**FOR SALE:**

Hungarian Broodmare - 16h, 13 yrs, sound and healthy has had 3 fabulous foals. Winner Get of Mare Class at Fair Hill in ‘08. Her offspring have won USDF All Breeds 2008 Reserve Champion AWR, ’08 PHR Silver Stirrup National Reserve Champion for Dressage Sporthorse, the ’09 ‘Born In The USA’ Filly Championship at Fair Hill. Double registered AWR. $1000. or will consider a lease, can stay at my farm. Katherine Nelson 717-235-6665

Keiffer “Aachen” dressage saddle Lovingly Cared For. Competed In And Sadly Outgrown! 17” Medium Tree Keiffer Aachen – Black $400.00 Can Be Seen And Tried At Any IEO Show! Kathy Weaver, Harmony Hill Farm Harmony-hill-farm@earthlink.net 717-991-8157

16 ½” Laser Dressage saddle adjustable tree, 16” flaps, excellent condition, panels re-flocked and soft. $950. 717-235-6665 or katnels@msn.com.

18” MW low head Albion SLK Dressage Saddle for sale, all smooth leather (no buffalo hide) long billets, extra gusset. In very good condition. Does not, and never will, fit my flat backed mare. Asking $2195. Please contact Evelyn at coolbreezedressage@gmail.com, 717-422-6203

**BOARDING:**

SHINING STAR STABLE has a full care boarding openings in Dillsburg. Full care boarding, training and riding clinics. We focus on Dressage training, but all disciplines are welcome. Full board is $275. We have large size sanded outdoor arena and a large round pen as well as private trails. No stallions, but well behaved horses are welcome! Call or text Oxana Maitre 717-756-4202 check out our site at: https://sites.google.com/site/shiningstarstable/

HARMONY HILL FARM – harmony-hill-farm.com Private 18 stall facility with an exceptional individualized boarding program. Amenities include: full-court dressage arena, 275 X 150 main jump arena, attached indoor arena, manicured hacking fields and paths with permanent cross country jumps, wooded trails, access to water at our “beach”. Grass pastures and individual paddocks. Personalized instruction and training available in Hunters, Jumpers and Dressage. Professional references available upon request.

RETIRED/ SEMI-RETIRED/ TRAIL HORSE HOME Spacious in/out, good summer pasture, 24 hr hay, auto water. 800 acres of riding trails. Round pen. I have room for 2 more horses on my farm near Glen Rock I-83. $225/mo Katherine Nelson 717-235-6665

NEED AN INDOOR ARENA FOR TRAINING? Cynthia (Cindy) Mattern, a USDF Bronze Medalist, has over 30 years of experience teaching riders and training horses in both Dressage and Hunt. She utilizes the pyramid for classical training. Cindy accepts trailer-ins at two (2) barns in the Dillsburg area, plus one (1) in Perry County. She will travel to you. See her ad in the IEO website. Call 717-796-0755 or kroniek1@aol.com References available.

If you would like to add or remove a classified ad, please call Kathy Nelson 717-235-6665 or email katherinnelson08@comcast.net. Non-member ad rates: Full page $20. per issue; Half page $15. per issue; Quarter page $10. per issue; Classified ad or business card ad $5. per issue. ‘Camera ready’ ad copy should be sent to Katherine Nelson, 9856 Holly Hill Lane, New Freedom, PA 17349.

Dues for December 1 – November 30

2013 IEO Membership Application

Name:______________________________________________
Address:______________________________________________
Telephone:___________________________E-mail:_________________________________

_____ Young Rider (under 22 years old) $45.00  date of birth: ______________
_____ Individual or Primary Adult $50.00
_____ Additional Family Members $35.00 each

List participating family members:  (Include date of birth for Young Riders)

Make check payable to I.E.O. and send to:  Cindy Mattern
2889 Ford Farm Road
Mechanicsburg, PA 17055