



East Coast Regional Dressage Association

NEWSLETTER

GMO



GROUP
MEMBER
ORGANIZATION

#142

March-April 2009

Issue 135

LETTER FROM THE EDITOR

Finally Spring !!! The snow is behind us, the trees are budding, and the crocuses are in bloom. As you get ready for your first competition of the year take a look at our articles on safety helmets (12-13, 17-18).

This month ECRDA welcomes two new show grounds. First we have the Gloucester County 4H and the Gold Clover Dressage Schooling Show Series held at the 4H fairgrounds in Mullica Hill. Second we have WinnWard Dressage at Scenic View Farms in Plumstead. A total of 5 new shows have been sanctioned for year end awards. So if you have any riding friends in these areas, spread the word about ECRDA and encourage them to join.

For six years ECRDA member Lisa Rasmuson has been honoring the hard work of off the track thoroughbreds who retrain for dressage. Read about her latest activities on pages 8-9.

ECRDA has offered a year end award for Training Level musical freestyles for many years using the USPC format. This year ECRDA has our own test for use in ECRDA schooling shows (see pages 9-11).

Lots to read. Enjoy. See you soon.

Pam

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NEWSLETTER DEADLINES

Deadline for all submissions is the 20th of the preceding month. Ad rates on page 2. Please email show results to newsletter and web site.

Mail to: Pam Turner, Newsletter Editor
5 Stanley Place
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Voice: (908) 513-7755

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ECRDA is a USDF Group Member Organization. All members are automatically USDF Group Members.

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East Coast Regional Dressage Association Statement of Purpose

Founded in July, 1993 and incorporated as a non-profit, educational organization under the laws of the State of New Jersey in August, 1993, East Coast Regional Dressage Association has its stated purpose:

"Whereas ECRDA was formed to help educate any equestrians or non-equestrians who are interested in horse riding, care and management. ECRDA will specialize in educating the rider to learn the proper dressage rules and techniques.

It is the desire among many equestrians in the United States to foster and stimulate interest in dressage. It is the hope that this organization is established as a non-profit, educational organization.

Its further purposes are to foster and stimulate interest in dressage, to educate, conduct clinics, hold dressage shows, and provide helpful information from veterinarians, farriers, and trainers."

HAPPY BIRTHDAY TO YOU



Nora Brodsky	March 1
Ellie Wakefield	March 10
Dawn Feindt	March 11
George Rickabaugh	March 11
Stephanie Magram	March 15
Nicole McKinley	March 19
Liz Elkner	March 22
Sue Skinner	March 28
Karen Leipzig	April 3
Ashley Parento	April 6
Jessica Barreto	April 14
Adele Hearn	April 15
Casey Regalbutto	April 15
Rachel Harlin	April 19
Rose Sinn	April 23
Debbie Pharo	April 24
Leslie Savage	April 24
Brielle Ramm	April 27
Sarah Talpas	April 30

ECRDA NEWSLETTER ADVERTISING RATES

Small Classified	\$ 5 / month
Business Card	\$10 / month
1/4 page	\$20 / month
1/2 page	\$30 / month
full page	\$50 / month

Bulk Rates:

Business Card	\$ 30 / 3 months
1/4 page	\$ 55 / 3 months
1/2 page	\$ 80 / 3 months
full page	\$140 / 3 months

We can create ads for you, scan your logo or use your camera ready copy. Contact editor for assistance.

Calendar of Events

April 2009

4 - Saddlebrook Ridge Equestrian Center, Shamong. www.saddlebrookridge.com. Dressage and combined training. Judge: Lisa Tannehill (L). Opens 3/1; closes 3/28. Secretary: Kathleen Faltz, (609) 953-1600. E-Mail: kfaltz@comcast.net

5 - Fidler Run, Dennisville. www.fidlerrunfarm.com. Judge: Debbie Morrison (L). Opens 3/1; closes 3/30. Secretary Tom Tozour, (609) 851-1057. E-Mail: jrtnt@aol.com

18 - Dressage at the Meadow, Mt. Holly. www.meadowshows.com. Judge: Melissa Van de Wal (r). Opens 3/9; closes 4/9. Secretary: Hans Sinn, (609) 261-1601. E-Mail: MeadowShows@verizon.net

26 - Suddenly Farm, Lumberton. www.suddenlyfarm.com. Judge: Pam Wooding (R). Opens 3/16; closes 4/16. Secretary Marilyn Scelba, (609) 654-6076. E-Mail: suddenlyfarm@verizon.net.

May 2009

2 - Dressage at the Meadow, Mt. Holly. www.meadowshows.com. Judge: Lisa Tannehill (L). Opens 4/18; closes 4/25. Secretary: Hans Sinn, (609) 261-1601. E-Mail: MeadowShows@verizon.net

9 - Saddlebrook Ridge Equestrian Center, Shamong. www.saddlebrookridge.com. Judge: Ellen Sullivan-Phillips (L). Opens 4/2; closes 5/2. Secretary: Kathleen Faltz, (609) 953-1600. E-Mail: kfaltz@comcast.net.

10 - Gold Clover Dressage, 4H Fairgrounds, Mullica Hill. www.gc4h.com. Judge: TBA. Opens 4/10; closes 5/2. Secretary: Sheri Lucas, (856) 451-8711.

10 - WinnWard Dressage, Scenic View Farms, Plumstead. Judge: TBA. Opens 4/2; closes 5/2. FMI: Kelly at (609) 760-0583.

16 - Blue Spruce Dressage, Jackson. www.bluesprucedressage.com. Judge: Ellen Sullivan-Phillips (L). Opens 4/9; closes 5/9. Secretary Pam Turner, (908) 513-7755. E-Mail: jpwc@optonline.net

17 - Suddenly Farm, Lumberton. www.suddenlyfarm.com. Judge: Sara Schmitt (R). Opens 4/7; closes 5/7. Secretary Marilyn Scelba, (609) 654-6076. E-Mail: suddenlyfarm@verizon.net

30 - Dressage at the Meadow, Mt. Holly. www.meadowshows.com. Judge: Cindy Glaser (L). Opens 5/2; closes 5/23. Secretary: Hans Sinn, (609) 261-1601. E-Mail: MeadowShows@verizon.net

June 2009

7 - Fidler Run, Dennisville. www.fidlerrunfarm.com. Judge: TBA. Opens 5/1; closes 6/1. Secretary Tom Tozour, (609) 851-1057. E-Mail: jrtnt@aol.com

13 - Saddlebrook Ridge Equestrian Center, Shamong. www.saddlebrookridge.com. Dressage and combined training. Judge: Kem Barbosa (S). Opens 5/6; closes 6/6. Dressage and CT. Secretary: Kathleen Faltz, (609) 953-1600. E-Mail: kfaltz@comcast.net

14 - Suddenly Farm, Lumberton. www.suddenlyfarm.com. Judge: . Opens 5/4; closes 6/4. Secretary Marilyn Scelba, (609) 654-6076. E-Mail: suddenlyfarm@verizon.net.

20 - Blue Spruce Dressage, Jackson. www.bluesprucedressage.com. Judge: Linnea Seaman (L). Opens 5/16; closes 6/13. Secretary Pam Turner (908) 513-7755. E-Mail: jpwc@optonline.net

21 - Gold Clover Dressage, 4H Fairgrounds, Mullica Hill. www.gc4h.com. Judge: Mary Harrison (L). Opens 5/21; closes 6/13. Secretary: Sheri Lucas, (856) 451-8711.

28 - WinnWard Dressage, Scenic View Farms, Plumstead. Judge: TBA. Opens 5/20; closes 6/20. FMI: Kelly at (609) 760-0583.

July 2009

4 - Dressage at the Meadow, Mt. Holly. www.meadowshows.com. Judge: Cindy Glaser (L). Opens 5/30; closes 6/27. Secretary: Hans Sinn, (609) 261-1601. E-Mail: MeadowShows@verizon.net

15 - Freedom Farm, Flemington. Judges: Pam Wooding (R) and Mindy Elgart (L). Opens 6/1. Closes 7/8. FMI: Paulo Barbosa (609) 683-9546 kembarbosa@aol.com

18 - Blue Spruce Dressage, Jackson. www.bluesprucedressage.com. Judge: Mary Harrison (L). Opens 6/13; closes 7/11. Secretary Pam Turner (908) 513-7755. E-Mail: jpwc@optonline.net

23 - Gold Clover Dressage, 4H Fairgrounds, Mullica Hill. www.gc4h.com. Judge: TBA. Opens 6/23; closes 7/15. Secretary: Sheri Lucas, (856) 451-8711.

25 - Bit O' Woods Farm, Hainesport. www.BitOWoods.com. Judge: Dorothy Maxfield (R). Opens 6/8; closes 7/18. Dressage & clear round jumping. Secretary Lauren McCaffrey (609) 261-7222. E-Mail: bitowoods1@aol.com

August 2009

1 - Dressage at the Meadow, Mt. Holly. www.meadowshows.com. Judge: Ann Forer (R). Opens 7/4; closes 7/25. Secretary: Hans Sinn, (609) 261-1601. E-Mail: MeadowShows@verizon.net

16 - Suddenly Farm, Lumberton. www.suddenlyfarm.com. Judge: Merri Lynn Griffin (r). Opens 6/6; closes 8/6. Secretary Marilyn Scelba, (609) 654-6076. E-Mail: suddenlyfarm@verizon.net.

22 - Bit O' Woods Farm, Hainesport. www.BitOWoods.com. Judge: Cindy Canace (R). Opens 7/6; closes 8/15. Dressage & clear round jumping. Secretary Megan Pappler (609) 261-7222. E-Mail: bitowoods1@aol.com

23 - ECRDA Schooling Show, Fox Hunt Farm, Lumberton. Judge: Mary Harrison (L). Opens 7/15; closes 8/15. Secretary: Pam Turner (908) 513-7755. E-Mail: jpwc@optonline.net.

September 2009

5 - Dressage at the Meadow, Mt. Holly. www.meadowshows.com. Judge: . Opens 8/1; closes 8/29. Secretary: Hans Sinn, (609) 261-1601. E-Mail: MeadowShows@verizon.net

6 - Suddenly Farm, Lumberton. www.suddenlyfarm.com. Judge: Kem Barbosa (S). Opens 7/27; closes 8/27. Secretary Marilyn Scelba (609) 654-6076. E-Mail: suddenlyfarm@verizon.net

12 - Saddlebrook Ridge Equestrian Center, Shamong. www.saddlebrookridge.com. Judge: Susan Jones-Sinelnik (r). Opens 8/5; closes 9/5. Secretary: Kathleen Faltz, (609) 953-1600. E-Mail: kfaltz@comcast.net

16 - Blue Spruce Dressage, Jackson. www.bluesprucedressage.com. Judge: Pam Wooding (R). Opens 8/9; closes 9/9. Secretary Pam Turner (908) 513-7755. E-Mail: jpwc@optonline.net.

26 - ECRDA Championship Show. Saddlebrook Ridge Equestrian Center, Shamong. Judge: Pam Wooding (R). Opens 8/1; closes 9/1. Secretary: Pam Turner, (908) 513-7755. FMI: www.ecrda.com.

October 2009

3 - Dressage at the Meadow, Mt. Holly. . www.meadowshows.com. Judge: . Opens 9/5; closes 9/26. Secretary: Hans Sinn, (609) 261-1601. E-Mail: MeadowShows@verizon.net

7 - Blue Spruce Dressage, Jackson. www.bluesprucedressage.com. Judge: Kem Barbosa (S). Opens 8/31; closes 9/30. Secretary Pam Turner (908) 513-7755. E-Mail: jpwc@optonline.net.

17 - Saddlebrook Ridge Equestrian Center, Shamong. www.saddlebrookridge.com. Judge: Mary Harrison (L). Opens 9/10; closes 10/10. Dressage and CT. Secretary: Kathleen Faltz, (609) 953-1600. E-Mail: kfaltz@comcast.net

25 - Wit's End Farm, Jackson. www.witsendnj.com. Judge: . Opens 9/17; closes 10/17. Dressage, combined test, x-country. Secretary Yolanda or Diana: (732) 928-1480.

31 - Fidler Run, Dennisville. www.fidlerrunfarm.com. Judge: . Opens 9/24; closes 10/24. Secretary Tom Tozour, (609) 851-1057. E-Mail: jrtnt@aol.com

31 - Dressage at the Meadow, Mt. Holly. www.meadowshows.com. Judge: . Opens 10/3; closes 10/24. Secretary: Hans Sinn, (609) 261-1601. E-Mail: MeadowShows@verizon.net

November 2009 - All November Shows count for 2010 Year-End Awards

7 - Saddlebrook Ridge Equestrian Center, Shamong. www.saddlebrookridge.com. Judge: Pam Wooding (R). Opens 10/1; closes 10/31. Secretary: Kathleen Faltz, (609) 953-1600. E-Mail: kfaltz@comcast.net

15 - Bit O' Woods Farm, Hainesport. www.BitOWoods.com. Judge: K C Van Dyck (r). Opens 10/6; closes 11/7. Dressage & clear round jumping. Secretary Lauren McCaffrey (609) 261-7222. E-Mail: bitowoods1@aol.com

2009 Show Secretary Addresses

<p>Bit 'O' Woods Farm www.bitowoods.com Secretary: Megan Pappler 2207 Fostertown Road, Hainesport, NJ 08036 (609) 261-7222 e-mail: bitowoods1@aol.com \$25 per dressage class, \$2 number fee \$20 per jumping round, \$10 per additional round</p>	<p>Blue Spruce Farm Dressage Center www.bluesprucedressage.com Secretary: Pam Turner 5 Stanley Place, Jackson, NJ 08527 (908) 513-7755 e-mail: jpwc@optonline.net classes \$25; lead line \$20 quadrille/pas de deux \$20 per rider</p>
<p>ECRDA Benefit Show Aug 23, 2009 location: Fox Hunt Farm, Lumberton NJ Secretary: Pam Turner 5 Stanley Place Jackson, NJ 08527 (908) 513-7755 e-mail: jpwc@optonline.net Make checks payable to : ECRDA Classes \$25; lead line \$20 quadrille/pas de deux \$20 per rider</p>	<p>ECRDA Championship Show September 26, 2009 location: Saddlebrook Ridge Equestrian Center, Shamong www.ecrda.com Secretary: Pam Turner 5 Stanley Place Jackson, NJ 08527 (908) 513-7755 e-mail: jpwc@optonline.net Make checks payable to : ECRDA</p>
<p>Fidler Run Farm www.fidlerrunfarm.com Secretary: Tom Tozour 456 Fidler Road, Woodbine, NJ 08270 (609) 861-1057 e-mail: jrtnt@aol.com classes \$25; lead line \$20; equitation \$20 quadrille/pas de deux \$20 per rider</p>	<p>Freedom Farm Dressage Sweepstakes Location: 139 Locktown Rd, Flemington, NJ Secretary: Paulo Barbosa 282 Carter Rd Princeton, NJ 08540 (609) 683-9546 email: kembarbosa@aol.com</p>
<p>Dressage at the Meadow www.meadowshows.com Secretary: Hans Sinn 640 Powell Road, Mt. Holly, NJ 08060 (609) 261-0601 e-mail: MeadowShows@verizon.net classes \$25 + \$5 office fee quadrille \$50; pas de deux \$40</p>	<p>Saddlebrook Ridge Equestrian Center www.saddlebrookridge.com secretary: Kathleen Faltz 10 Saddlebrook Court, Shamong, NJ 08088 (609) 953-1600 e-mail: kfaltz@comcast.net classes \$25; combined test \$35; \$25 late entry quadrille \$50; pas de deux \$35 \$15 per jumping round, \$10 per add'l round</p>
<p>Suddenly Farm Dressage www.suddenlyfarm.com Secretary: Marilyn Scelba 325 Main St, Lumberton, NJ 08048 (609) 654-6076 e-mail: suddenlyfarm@verizon.net classes \$25; quadrille/pas de deux \$20 per rider</p>	<p>Wit's End Farm www.witsendnj.com Secretary: Yolanda Mazzarisi 371 Jackson Mills Road, Jackson, NJ 08527 (732) 928-1480 dressage classes \$25; combined test \$30 cross country schooling \$40</p>
<p>Gold Clover Schooling Dressage Series www.gc4h.com Secretary: Sheri Lucas 61 Stretch Rd, Bridgeton, NJ 08302 (856) 451-8711 classes \$25</p>	<p>WinnWard Dressage at Scenic View Farms Location: 281 Long Swamp Rd, Plumstead www.winnwarddressage.org Secretary: Betsy Snyder PO Box 682, Hainesport, NJ 08036 For times and FMI call (609) 760-0583 Classes \$22; \$5 office fee; \$5 late entry fee</p>

earlenhaven@gmail.com

ACT IMMEDIATELY!

(before 4/17/09) if interested in:

FREE \$65 riding lesson

with Earlen Haven

or

\$20 toward clinics.

(mounted/unmtd)



Country Haven

290 East Lake Road
Pilesgrove, NJ 08098
(Woodstown Area)
856-769-1916

Earlen Haven

Hunter ■ Dressage ■ Eventing

Fax: 856-769-3957

..... Contact Earlen Haven now if you'd like to be notified of clinics/functions at Country Haven & to be registered for the drawing on April 17, 2009.

Earlen has successfully crossed disciplines (dressage, hunter, eventing) for 40+ years.

Location

10 mi. east of Delaware Mem. Brdg.
5 mi. south of Mullica Hill
¼ hr south-west of Cherry Hill
1 hr south-west of Medford
1 ½-2 hrs south of Gladstone area

Facilities

150x250 sand ring w/stone dust base
Indoor arena available (5 min.)
New stadium/hunter courses
New cross country course in progress
(Fields & woods w/bank, water, coffin,
Trakehner, etc.) (1' thru Training)

Learn to keep the horse's perspective in mind so you can form a partnership.

Have a resume emailed, mailed or faxed to you.

Recognizing Off the Track Thoroughbreds

By Lisa Rasmuson

Hell's Angel Off the Track Thoroughbred Grant in Education

Several years ago, I developed and sponsored this grant in honor of my beloved OTTB Hell's Angel (Bobbie). The purpose of this grant is to reward and recognize the accomplishments of the Off the Track Thoroughbred ridden by an adult amateur. The grant money is to be used solely for dressage instruction by a dressage judge or certified dressage riding instructor.

In the first year, the grant was awarded to a member of the Lehigh Valley Dressage Association in Pennsylvania. This past year, the grant was awarded to one of our own ECRDA members, Nicole Rettino and her OTTB Irish Lore (Erin).

Nicole and Erin used the grant to continue their dressage education with Vicki Rickabaugh of Blue Spruce Farm Dressage Center. They achieved a 67.391% for the Starter Rider Walk/Trot/Canter Senior division. Erin is Nicole's third OTTB, but the first one exclusively dressage trained. Their ultimate goal is to compete at Grand Prix.

Nicole says "Erin's spirit is infectious, her loyalty heart-warming. She has accepted her new career in dressage whole-heartedly, with the courage that her breed is known for."

My long standing goal is to see the OTTB recognized nationally as a safe, sound and competitive adult amateur mount. Thanks to Nicole and Erin for their hard work and ability in helping to achieve this goal. I look forward to seeing them in the Grand Prix ring

and, who knows, perhaps one day competing at Dressage at Devon.

The application deadline for the 2009 grant is November 8, 2009, and the recipient will be announced by January 31, 2010. For more information, please email me at lrasmuson@comcast.net.

Hell's Angel Thoroughbred Rescue Award

Are you currently competing an off-the-track Thoroughbred? Would you like your horse's accomplishments recognized? Then apply for the Hell's Angel Thoroughbred Rescue Award! This award is being offered for a seventh year, and will be awarded at the 2009 ECRDA year end banquet.

The Hell's Angel Thoroughbred Rescue Award has been created to recognize the accomplishments of Thoroughbreds who have come off the track, and their people who have taken their time and talent to rehabilitate and retrain these kind and gifted athletes.

To apply for this award the following criteria apply:

1. The TB must have raced, even if just one race (does not have to have raced in this country),
2. You must be an ECRDA member.
3. You must submit a copy of your horse's race track record to Lisa Rasmuson at 1277 Smithville Road Bordentown, NJ 08505. Contact The Jockey Club at (800) 333-1778, (606) 224-2800, or on the web at www.equineline.com, if you need your horse's record.

4. All applications must be received by November 15, 2009. Please also send an email address, and a work or home phone number. All applicants will be contacted by November 30, 2009.

5. This award is open to Junior and Seniors riding at the Starter and Open levels.

6. Champion and Reserve Champion streamers awarded based on ECRDA year end percentages.

7. Previous champion recipients may not apply for the award unless they are riding a different off the track Thoroughbred.

Please feel free to contact me with any questions at lrasmuson@comcast.net. I look forward to meeting you at the awards banquet.

In the past few years, ribbons have been given to all applicants. This year only Champion and Reserve Champion streamers will be awarded because my program has expanded to include the national arena.

It has always been my goal to see the off the track Thoroughbred recognized nationally for their brilliance and ability in the dressage ring. So if you compete at USDF recognized dressage competitions and you are a member of the North American Thoroughbred Society (NATBS), you may also qualify for the Hell's Angel Thoroughbred Rescue Award that I sponsor there. This is part of the NATBS USDF All Breeds Award program. You and your horse must meet all requirements for a USDF All Breeds Award. As well, the horse must meet the criteria of having raced at least one race.

For further information on the Hell's Angel Thoroughbred Rescue Award through NATBS, contact www.hellohorse.com.

ECRDA Promotes the Training Level Musical Freestyle

Have you ever watched a dressage routine done to music? Have you ever tried riding to music yourself? Musical freestyles can be beautiful and exciting to watch and just plain fun to ride.

Lots of dressage videos make the rounds in emails, but my favorite is a Grand Prix musical freestyle from the 2006 World Equestrian Games. Andreas Helgstrand riding Blue Hors Matine earned an amazing 81.5 % for a nearly flawless routine. If you haven't seen it yet, look it up on YouTube.

USDF encourages musical freestyles in schooling and recognized competitions at First, Second, Third and Fourth Levels, as well as Pas de Deux and Quadrilles. FEI freestyles are offered at Intermediare and Grand Prix.

But what about all the wonderful, dedicated riders at Training Level? ECRDA believes they deserve to enjoy the fun, too. In fact, ECRDA has been offering year end awards for Training Level Musical Freestyle for many years using the USPC format.

This year ECRDA has issued our own ECRDA Training Level Musical Freestyle score sheet. This test will be eligible at all ECRDA schooling shows and the ECRDA Championship show. A copy is presented on pages 10-11 and will be posted on the ECRDA web site.

Consider trying a Musical Freestyle this year. For competition or just for fun, you'll have a grand time.

TECHNICAL EXECUTION

Note: Half points allowed for judge's marks.
 *Movements must be shown in both directions.

Time Maximum
5 minutes



COMPULSORY MOVEMENTS	Possible Points	Preliminary Notes		Judge's Marks	Co-efficient	Final Score	REMARKS
1. Med. walk to free walk to med. Walk (min. 20 meters)	10				2		
2. Working Trot 20 meter circle*	10	L	R		2		
3. "Stretching the frame" in Trot posting, 20 meter minimum	10				2		
4. One Loop in Trot	10						
5. Working Canter, 20 meter circle*	10	L	R		2		
6. Halts	10						
7. Transitions	10				2		
FURTHER REMARKS:							
SUBTOTAL							
DEDUCTIONS							
TOTAL TECHNICAL EXECUTION							-----

ARTISTIC IMPRESSION

Note: Ten points allowed for judge's marks.



Rider No.

ARTISTIC ELEMENTS	Possible Points	Judge's Marks	Co-efficient	Final Score	REMARKS
1. Rhythm, energy and elasticity	10		2		
2. Harmony between horse and rider	10		2		
3. Choreography, use of arena, inventiveness, design, cohesiveness, balance, ingenuity and creativity	10		3		
4. Degree of difficulty	10		1		
5. Choice of music & interpretation of music	10		4		

FURTHER REMARKS:

SUBTOTAL

DEDUCTIONS

TOTAL ARTISTIC IMPRESSION
(120 POSSIBLE)

TOTAL TECHNICAL EXECUTION (120 POSSIBLE)

FINAL SCORE
(240 POSSIBLE)

PERCENTAGE
(Final Score Divided by 240)

%

Smart Headgear - Riding Helmets

Four tips to help you ensure that your riding helmet fits correctly

Every rider, at every level, falls off at some time, so look for a helmet that's ASTM/SEI certified. ASTM is the American Society for Testing and Materials, which sets standards for helmets; SEI is the Safety Equipment Institute, which certifies that helmets meet those standards.



Even the best safety helmet won't protect your head if it doesn't fit properly. And a bad fit can be dangerous, especially if the helmet slips down, blocking your vision. Here are four fit tips:

Put your helmet on right: Make sure the helmet is level--the visor shouldn't tip up or down. If you have long hair, tie it back at the nape of your neck--don't shove it under the helmet, or you'll get a poor fit. Fasten the harness, making sure it's comfortably snug.

<p style="text-align: center;">ECRDA Welcomes Gloucester County 4H</p> <p style="text-align: center;"><i>New sanctioned showground in South Jersey</i></p> <div style="display: flex; align-items: center; justify-content: center;">  <p style="text-align: center;">4H Fairgrounds Route 77, Mullica Hill</p> </div>	<p style="text-align: center;"><i>Superior Dressage Horses</i> ~ Samantha Hodgson ~ <i>USDF Gold Medalist</i></p> <div style="display: flex; align-items: center; justify-content: center;">  <p style="text-align: center;"><i>All Breeds / Levels Training—Lessons—Sales Clinics—Showing Boarding with Indoor Schoolmaster Program</i></p> </div> <p style="text-align: center;">www.samanthahodgson.com (609) 268-3479 / (609) 760-3491</p>
<p style="text-align: center;">Gold Clover Schooling Dressage Series</p> <p style="text-align: center;">May 10 June 21 July 23</p> <p style="text-align: center;">For more information call (856) 451-8711</p>	<p>Lisa Rasmuson Massage Practitioner/ABMP Member</p> <p>Services Offered</p> <ul style="list-style-type: none"> Swedish Massage Equine Massage Reiki and Animal Reiki Aromatherapy Reflexology and Myofascial Integration Herbal Applications Meditation 609-706-5428

Check the fit of your riding helmet: Make sure the helmet fits snugly all the way around. Wiggle it back and forth and side to side; when it moves, your scalp (and your eyebrows) should move with it. If it slides freely, you need a smaller size. If it squeezes uncomfortably, go up a size.

Check the shape your riding helmet: If the helmet squeezes your brow but still rocks freely side to side, it's too round for your head; if it fits at the sides but rocks back and forth, it's too oval. Many helmets come with fitting pads you can slip into the inside hatband to solve these problems. For example, if the helmet is too round, put a pad on each side. Or, try a different style with a more or less oval shape.

Check the brim of your riding helmet: The helmet's brim should rest 1/2 to one inch above your eyebrows. If it sits higher, you're not getting full protection; any lower, and it could obscure your vision. Some helmets can be adjusted (with lacings or foam pads) to rest lower or higher. Or, try a style with a deeper or shallower crown.

This article first appeared in the May 2000 issue of *Horse & Rider* magazine. Reprinted from equisearch.com.

<p>Member NJ Society of Certified Public Accountants Member American Institute of Certified Public Accountants</p> <p>EMILY INGRAM Certified Public Accountant</p> <p><i>"Trusted Professional, Putting Your Needs First"</i></p> <p>Accounting Services * Tax Preparation Financial Planning * Payroll Business Startup</p> <p>Tel: (732) 833-4256 Fax: (732) 833-4257</p>	<p>ECRDA Welcomes WinnWard Dressage</p> <p><i>New sanctioned showground in Plumstead</i></p> <p>2009 Dressage Schooling Shows</p> <p>May 10 June 28</p> <p>Scenic View Farms 281 Long Swamp Road Plumstead, NJ</p> <p>(609) 760-0583</p> <p>www.winnwarddressage.org</p>
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The Students of Blue Spruce Farm Dressage Center wish to thank their trainer, Vicki Rickabaugh, for her dedication and tireless devotion to horse and rider.

EAST COAST REGIONAL DRESSAGE ASSOCIATION

Dr. Iris Biely / Tolstoi	Reserve Champion	Prix St. Georges SR
Dr. Iris Biely / Tolstoi	Champion	Fourth Level SR
George Rickabaugh / Inspiration	Champion	Third Level SR
George Rickabaugh / Rusty Treasure	Champion	Second Level Above 2 nd SR
Dr. Iris Biely / Knight Watch	Reserve Champion	Second Level Above 2 nd SR
Sharon Lutgen / Makin' The Grade	Champion	Second Level MFS SR
Jan Kalafat / Extraordinaire	Champion	Second Level SR
Dr. Iris Biely / Randolph Scott	Champion	First Level Above 2 nd SR
Dr. Iris Biely / Knight Watch	Reserve Champion	First Level Above 2 nd SR
Leslie Savage / Sweet Emotion	Champion	First Level SR
Stephen Ingram / Photo Image	Champion	First Level JR
Shelley Holbrook / Better Than Gold	Champion	Training Level SR
Nancy Vine / Sable Beedazzled	Fourth Place	Training Level SR
Emily Ingram / Photo Image	Fifth Place	Training Level SR
Stephen Ingram / Photo Image	Champion	Training Level MFS JR
Sara Bagala / Bell's Classic Ace	Champion	Training Level JR
Nicole Rettino / Irish Lore	Champion	Starter Rider W/T/C SR
Ashley Rickabaugh / Together We Can	Third Place	Starter Rider W/T/C SR
Elizabeth Bagala / Beat 'Em To The Punch	Champion	Starter Horse W/T/C JR
Sara Bagala / Beat 'Em To The Punch	Reserve Champion	Starter Horse W/T/C JR
Elizabeth Elkner / Big Red's General	Champion	Starter Rider Walk Trot SR
Nancy Vine / MVR Midnite Angel	Champion	Starter Horse Walk Trot SR
Sara Bagala / Beat 'Em To The Punch	Champion	Starter Horse Walk Trot JR
Sara Bagala / Valeroso	Reserve Champion	Starter Horse Walk Trot JR
Nancy Vine	Champion	Golden Cup Starter Horse W/T
Jan Kalafat	Champion	Golden Cup Second Level
Jan Kalafat	Silver Medal	
Shelley Holbrook	Bronze Medal	
Emily Ingram	Bronze Medal	
Sara Bagala / Beat 'Em To the Punch	Champion, Hell's Angel Thoroughbred Rescue Award	
Elizabeth Elkner / Big Red's General	Reserve, Hell's Angel Thoroughbred Rescue Award	

United States Dressage Federation

George Rickabaugh / Rusty Treasure
All Breeds - NASDHA
Reserve Champion
First Level Open

George Rickabaugh / Photo Image
All Breeds - AWB
10th Place
Second Level Open

Dr. Iris Biely / Knight Watch
All Breeds - American Connemara
Reserve Champion
First Level AA

Dr. Iris Biely / Randolph Scott ME
All Breeds - Hanoverian
11th Place
First Level AA

Congratulations to Dr. Iris Biely on earning her USDF Bronze Medal

Jackson, NJ

www.bluesprucedressage.com

(908) 492-0440

ECSJ YEAR END AWARDS



Dr. Iris Biely / Tolstoi	Reserve Champion	Prix St. Georges
George Rickabaugh / Inspiration	Reserve Champion	Third Level SR
Jan Kalafat / Extraordinaire	Champion	Second Level SR
Sharon Lutgen / Makin' The Grade	Reserve Champion	Second Level SR
George Rickabaugh / Rusty Treasure	Third Place	Second Level SR
Dr. Iris Biely / Knight Watch	Fourth Place	Second Level SR
Dr. Iris Biely / Randolph Scott	Champion	First Level SR
Dr. Iris Biely / Knight Watch	Reserve Champion	First Level SR
Leslie Savage / Sweet Emotion	Third Place	First Level SR
Stephen Ingram / Photo Image	Champion	First Level JR
Shelley Holbrook / Better Than Gold	Champion	Training Level SR
Nancy Vine / Sable Beedazzled	Reserve Champion	Training Level SR
Emily Ingram / Photo Image	Third Place	Training Level SR
Sara Bagala / Bell's Classic Ace	Champion	Training Level JR
Stephen Ingram / Photo Image	Reserve Champion	Training Level JR
Elizabeth Bagala / Beat 'Em To The Punch	Champion	Training Level Starter Horse SR
Sara Bagala / Beat 'Em To The Punch	Champion	Training Level Starter Horse JR
Nicole Rettino / Irish Lore	Champion	Training Level Starter Rider SR
Nicole Rettino / Together We Can	Third Place	Training Level Starter Rider SR
Ashley Rickabaugh / Together We Can	Champion	Training Level Starter Rider JR
Ashley Rickabaugh / Irish Lore	Reserve Champion	Training Level Starter Rider JR
Nancy Vine / MVR Midnite Angel	Champion	Intro Level Starter Horse SR
Sara Bagala / Beat 'Em To The Punch	Champion	Intro Level Starter Horse JR
Sara Bagala / Valeroso	Reserve Champion	Intro Level Starter Horse JR
Dr. Iris Biely	Gold Medal	
George Rickabaugh	Silver Medal	
Stephen Ingram	Bronze Medal	

TRACE Your Way to Oneness

EASTERN STATES DRESSAGE & COMBINED TRAINING ASSOCIATION

Dr. Iris Biely / Tolstoi	Champion	Fourth Level SR
George Rickabaugh / Inspiration	Reserve Champion	Third Level SR
Jan Kalafat / Extraordinaire	Fourth Place	Second Level SR
Sharon Lutgen / Makin' The Grade	Sixth Place	Second Level SR
Dr. Iris Biely / Randolph Scott	Reserve Champion	First Level Above 2nd SR
Dr. Iris Biely / Knight Watch	Fifth Place	First Level Above 2nd SR
Shelley Holbrook / Better Than Gold	Champion	Training Level SR
Nicole Rettino / Irish Lore	Third Place	Starter Rider W/T/C SR
Stephen Ingram / Photo Image	Reserve Champion	First Level JR
Stephen Ingram / Photo Image	Fourth Place	Training Level JR
Ashley Rickabaugh / Together We Can	Third Place	Starter Rider W/T/C JR
Dr. Iris Biely	Gold Medal	
Jan Kalafat	Silver Medal	
George Rickabaugh	Silver Medal	
Shelley Holbrook	Bronze Medal	

Vicki Rickabaugh and Blue Spruce Farm Dressage Center would like to congratulate all dressage riders and their instructors for their hard work and accomplishments in 2008.

Member Classifieds

LOOKING TO BUY: 16.1+ hds gelding, quiet & mannerly for family/trail horse. Will have best of care. References available. Earlen Haven. Phone: 856-769-1916, Fax: 856-769-3957 or earlenhaven@gmail.com.

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Friesian Mare for Lease

Toby is a 12yr. old 16.3h full Friesian mare with a long black mane past her shoulders and full feathers. She was started at Los Alamos by Gail Carmona three years ago and has been longed and lightly ridden since. I kept her as a brood mare but she is not in foal and in need of a serious rider to enjoy her and bring her along in the show ring. She is still very green but very willing. She has a great temperament and handles well on the ground and on the trailer.

Toby is the old Friesian type and has massive bone structure that requires a rider who is comfortable on a very wide horse. Though big, she has the beauty and elegance that is typical of the breed. She does flying lead changes as she canters in the field and knocks on her stall door for feed with a high Spanish walk extension.

The lease would have to be on my farm in Middletown. I have an outdoor arena, a round pen and an indoor arena that can be used on a limited basis. My property is right off the Huber Woods trails. The trails have hills and valleys that are great for building a horse's muscles. The lease would be reasonable as I have three other horses I am working with and don't have time for Toby. I have a dressage trainer that comes and gives me lessons but other trainers are welcome. This is a private farm and on occasion I have one or two boarders.

If anyone is interested please let me know and I would be happy to e-mail pictures and any information you might like.



Karen Leipzig
dogsonthefarm@verizon.net
(732) 216-3774

Riding Helmet Safety Standards Explained

Just what does the label "ASTM/SEI-certified" on your riding helmet mean?

By Christine Barakat, *reprinted from Equisearch.com*

The label "ASTM/SEI certified" has become commonplace in safety helmets over the years, but few riders know what the acronyms stand for, let alone what's required to earn this seal of approval.

The American Society for Testing and Materials (ASTM) is a century-old organization that writes safety standards for everything from artificial playground surfaces to firefighters' suits. The ASTM draws up testing procedures and safety requirements for each item, standards that can then be adopted by individual organizations, such as the United States Equestrian Federation (USEF).

Once the standards are in place, the Safety Equipment Institute (SEI) ensures that they are followed by manufacturers, who do their own in-house testing or contract the testing out to other laboratories. SEI representatives periodically visit labs to audit procedures, and twice in the first year (and annually thereafter), the organization sends batches of helmets to an independent certified testing lab.



To earn certification, all protective helmets (including bike, hockey and equestrian models) are dropped onto a flat anvil from a height of about six feet, and from several angles and directions. A second anvil test is designed with the particular risks of the sport in mind.

"For equestrian testing, the second anvil has a very sharp corner that the helmet is dropped on," says Dru Malavase, who has served on the ASTM's equestrian protective-headgear committee since 1984. "This is just like the impact the side of a jump or a horse's hoof would have."

Computer sensors measure the shock from the fall that is transferred to the inside of a helmet in terms of gravity force (g).

"The threshold at which the most serious head injuries occur is 300g," says Malavase, "so all helmets must be under that -- and not even the tiniest bit over."

continued on next page

 GOLD CLOVER SCHOOLING DRESSAGE SERIES Held at 4-H Fairgrounds, Rt. 77 in Mullica Hill, NJ				 Saddlebrook Ridge Equestrian Center 2009 Recognized for ESDCTA, ECRDA & Saddlebrook Ridge Year End Awards		
2009 OPEN SHOW DATES:				DATE		
May 10*	June 21*	July 23*	Sept. 6	JUDGE	SHOW TYPE	
Opening date: April 10	Opening date: May 21	Opening date: June 23	Opening date: August 6	April 4	Lisa Tannehill (L) Dressage & CT	
Closing date: May 2	Closing date: June 13	Closing date: July 15	Closing date: August 29	May 9	Susan Jones-Sinelnik (r) Dressage & CT	
Call 856-451-8711 for more information or visit www.gc4h.com (Click horses & follow link to Gloucester County Equine) * ESDCTA registered & ECRDA sanctioned				June 13	Kem Barbosa (S) Dressage & CT	
				September 11	Ellen Sullivan-Phillips (L)	
				October 17	Mary Harrison (L)	
				November 7	Pam Wooding (R)	
				Boarding / Lessons / Shows		
				609-953-1600	www.saddlebrookridge.com	

Helmet Safety Standards
continued from previous page



A separate test focuses on the helmet's harness strap to assure that it remains in place during a spill. The helmet is placed on a head form "with realistic human bone structure," explains Malavase, "and then weighted and dropped." The straps must hold the helmet on the head without stretching beyond a certain amount.

All helmets are retested for concussion and retention after being frozen to minus-20 degrees, heated to over 120 degrees and submerged in water overnight. If the helmet still transfers no more than 300g and the strap is still effective, that design earns ASTM/SEI approval.

"With all we put riding helmets through around the barn," says Malavase, "we have to know that they are still going to protect us."

This article originally appeared in the August 1998 issue of EQUUS magazine.

Updates for 2009

Effective 1/1/09: the FEI has issued new tests for the following levels:

Prix St. Georges, Intermediare I, Intermediare I Freestyle, Intermediare II, Grand Prix, Grand Prix Special and the Grand Prix Freestyle.

The new tests may be downloaded for free from http://www.fei.org/Disciplines/Dressage/Organisers/Pages/Dressage_Tests.aspx.

Effective 12/1/08: the USEF has increased the length for allowable whips.

Where whips are permitted, a whip no longer than 47.2 inches, including lash, may be carried (was 43.3 inches since 2004).

K	P	F	Achievement
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2009 ECRDA Membership Application

Please check here if: Date: _____

New Member - - Referred by: _____
 Renewal *Please circle age category*
 New address/phone # *JR under 21; GC over 50 as of 1/1/08*

Name: _____ Date of Birth: _____ SR / JR / GC
 Name: _____ Date of Birth: _____ SR / JR / GC
 Name: _____ Date of Birth: _____ SR / JR / GC
 Name: _____ Date of Birth: _____ SR / JR / GC

Address: _____ Trainer: _____

City: _____ State: _____ Zip: _____

Phone:(____) _____ E-mail: _____

<input type="checkbox"/> Life Member		\$500.00
<input type="checkbox"/> Senior Individual		\$ 45.00
<input type="checkbox"/> Golden Cup Rider		\$ 45.00
<input type="checkbox"/> Junior Individual		\$ 40.00
<input type="checkbox"/> Family Membership		\$ 45.00 for first person, \$20.00 each add'l person at the same address
<input type="checkbox"/> Business Sponsor/Affiliate (choose a monthly ad type)	<input type="checkbox"/> business card	\$ 85 / yr
	<input type="checkbox"/> 1/4 page	\$ 170 / yr
	<input type="checkbox"/> 1/2 page	\$ 250 / yr
	<input type="checkbox"/> full page	\$ 450 / yr

For your information:

- * Annual membership begins on November 1st and ends on October 31st.
- * Newsletters are mailed monthly except for double issues in the winter.
- * Membership cards are NOT issued. Membership numbers are printed on newsletter label.
- * ECRDA board meetings are open to all members. Call any Board Member for dates and directions if you wish to attend.
- * Riders may compete as Juniors (JR) as long as they are below the age of 21 as of the beginning of the membership year (November 1st).
- * Golden Cup (GC) memberships are offered to those individuals who have attained the age of 50 years as of January 1st of the current year,
- * ECRDA is a USDF Group Member Organization. All members are automatically USDF Group Members.

Please mail your completed application and check or money order payable to ECRDA to:

Iris Biely
 5 Stanley Place
 Jackson, NJ 08527
 (732) 928-3069

East Coast Regional Dressage Association
Pam Turner
Newsletter Editor
5 Stanley Pl.
Jackson, NJ 08527

