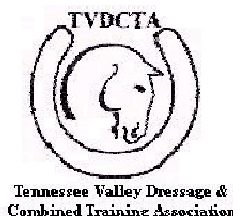
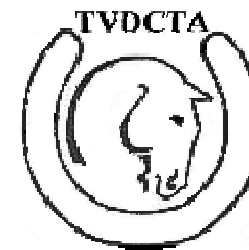


Meris Greges  
29938 Thach Rd  
Athens, AL 35613



Next Meeting. Tuesday September 20 6:15 at deciBel Research. Topic: Biomechanics. See Page 1 & 3.



# TVDCTA Bits

Newsletter of the Tennessee Valley Dressage and Combined Training Association

Sept 2011

## THIS MONTH....

JULY MEETING MINUTES	2
BIOMECHANICS TO BE DISCUSSED IN SEPT	3
CALENDAR OF EVENTS	6
CLASSIFIEDS	7

## Important Dates

- Sept 10, 2011  
TVDCTA Schooling Show at Red Horse Ridge.
- Sept 20, 2011  
Meeting at deciBel Research. Meris Greges to talk about Biomechanics at 6:30. See page 3.
- Oct 8, 2011  
Closing Date for Oct 22 Schooling Show.
- Oct 18, 2011  
Meeting at dB Research. Topic TBD
- Oct 22, 2011  
TVDCTA Schooling Show at Flint Ridge Farm.

A note to say we missed those who could not make the book gathering and the food was delicious on Tuesday August 16th. A big thanks to Sally Colocho who ordered the special guacamole dip made at all of our tables - Cantina Lorado made us glad we came. We passed around books or snips of books that we have or are enjoying and it was great to see what we are all reading. Cynthia Moore brought some of the library of TVDCTA with her and DVD's were checked out, swapped or studied. It was a great evening and I would like to give a big thanks to our Programs & Meetings Chairpersons Sally Colocho and Sonja Rich. They get 5 \*s for all they are doing. Plan to put our September meeting on your calendar and we will see you back again at the wonderful dbResearch Conference Room.

Sabrina Byrum will be contacting members to line up volunteers for the show on September 10th at Red Horse Ridge -- remember to get your volunteer hours in and come have a good time.

## TVDCTA Member Meeting Schedule

- Sept 20—Meeting at deciBel Research (325 Bob Heath Dr in Research Park in Huntsville.) Speaker Meris Greges to talk about Biomechanics. See Page 3.
- October 18-Meeting at deciBel Research (325 Bob Heath Dr in Research Park in Huntsville). Topic TBD
- November 15-Elections

Notifications will be sent via e-mail prior to the meetings. All meetings will start at 6:15 with the speaker beginning at 6:30 and the Business Meeting at 7:15. All members and guests are welcome to attend.

Please contact Meetings and Programs committee members if you would like more information or have ideas for topics.

Sally Colocho, (256)232-1054; sally@dbresearch.net

Sonja Rich, (256)303-4020; danceebottoms@yahoo.com

## Do you know your Dressage Rules?

### USEF Rule. DR108 The Half-Halt.

The half-halt is a hardly visible, almost simultaneous, coordinated action of the seat, the legs and the hand of the rider, with the object of increasing the attention and balance of the horse before the execution of several movements or transitions between gaits or paces. In shifting slightly more weight onto the horse's quarters, the engagement of the hind legs and the balance on the haunches are facilitated for the benefit of the lightness of the forehand and the horse's balance as a whole.

**Schooling Show September 10 at Red Horse Ridge. Volunteers needed.**  
**Contact Sabrina Byrum, (256)851-5504; sabrinabyrum@gmail.com.**  
**See tvdcta.org for details about the show.**

## INSIDE THIS ISSUE

The Half Halt (1)

Biomechanics to be Discussed in September (3)

Facts about Competitive Dressage Horses (3)

Zeus (5)

Want to become a member of TVDCTA? Enjoy the benefits of meeting other horse people with a common interest, get discounts at our 4 schooling shows per year, have access to the library, attend our monthly information seminars, and receive the monthly BITS newsletter. Membership forms are available on the website [www.tvdcta.org](http://www.tvdcta.org) Membership runs in accordance with USDF membership year starting December 1 through November 30. Renewal information will be sent out in the next newsletter.

## TVDCTA Officers

### President: **Judith Fiorentino**

125 Christopher Dr.

Madison, AL 35757

256-837-5474

steelprize@knology.net

### Vice President: **Open**

### Secretary: **Sally Coloco**

310 N Jefferson St

Athens, AL 35611

256-232-1054

sally@dbresearch.net

### Treasurer: **Paulette Harrell**

3113 Hale Drive

Huntsville, AL 35805

256-652-4007

paulette.tvdcta@hotmail.com

## TVDCTA Committees

### Awards

Debbie Hill, (256) 656-9762,  
LHill454545@aol.com

### Shows, Clinics, and Judges:

Judith Fiorentino, (256)837-5474  
steelprize@knology.net

Jane Dougert, (321)-537-2049,  
janedougert@yahoo.com

### Meetings and Programs

Sally Coloco, (256)232-1054  
sally@dbresearch.net

Sonja Rich, (256)303-4020  
dancebottoms@yahoo.com

### Newsletter and Website

Meris Greges, (256) 233-1604,  
meris@mcn.net

Bob Duncan, (256) 895-9816,  
bduncan@hiway.net

### Membership and Budget

Paulette Harrell, (256)652-4007  
paulette.tvdcta@hotmail.com

### Librarian

Cynthia Moore, (256)325-7041  
neptune75@knology.net

### Volunteer Coordinator

Sabrina Byrum, (256)851-5504  
sabrinaryrum@gmail.com

### Publicity

Sally Coloco, (256)232-1054  
sally@dbresearch.net

### CT Coordinator

Available

### CT Volunteer Coordinator

No CT competitions planned for 2011

## Mission Statement

TVDCTA is a non-profit organization dedicated to encouraging a high standard of horsemanship through the use of classical dressage techniques. The TVDCTA will disseminate educational material, sponsor and promote activities (such as clinics, seminars and competitions), and cooperate with other local and national organizations in developing and promoting better horsemanship.

Tennessee Valley Dressage & Combined Training Association  
Member's Meeting  
19 July 2011

The business meeting was called to order at 7:00 PM.

Eleven people attended the presentation and the meeting. Our librarian, Cynthia Moore presented the list of DVDs available for checkout by TVDCTA members, went over the process by which these can be requested, and showed some excerpts from some of the videos. The complete list of videos and books will be made available on the website and can also be reviewed at meetings.

Minutes of the June Meeting were approved.

### Treasurer Report (Paulette Harrell):

<b>Beginning Balance</b>	<b>\$4606.53</b>
Newsletter	(\$112.32)
<b>Ending Balance</b>	<b>\$4494.21</b>

**Membership** (Paulette Harrell): There was no membership activity this month.

An issue was raised regarding the reporting to USDF officers for the following year. The bylaws committee will review our bylaws and the USDF reporting requirements to assess if any changes need to be made.

**Shows and Clinics** (Judith Fiorentino): Instructions for stall arrangements to be made with the venue host are on the show class list however the entry form implies that the arrangements can be made through the show secretary. A motion was made to remove stall arrangements and payment from the entry to avoid confusion, and allowing for all arrangements for stalls to be coordinated through the venue host. Motion passed.

**Meetings and Programs:** The next scheduled meetings are  
16 August 2011: Dinner Out at Cantina Laredo, Bridgestreet. Discussion topic: "favorite dressage books"  
20 September 2011: Biomechanics, Meris Greges (dBResearch)

Meeting was adjourned at 7:55

### DID YOU KNOW.....

**HORSES DO NOT HAVE A CLAVICLE (COLLAR BONE). THERE IS NO BONY ATTACHMENT OF THEIR FRONT LIMBS TO THEIR BODY**

**HORSES MUST BREATHE THROUGH THEIR NOSE AND CAN NOT BREATHE THROUGH THEIR MOUTHS**

## Classified Ads

Member's (free) classified ads will also appear on the TVDCTA web site, [www.tvdcta.org](http://www.tvdcta.org). Note that the pictures will be **in color and larger** if you look on the web! You may also submit pictures for inclusion in your ad. Please contact the editors to renew after three months.

**Portraits in pastel by Virginia Moon.** Starting at \$250.00 depending on travel. I will take photos of your horse. Call 859-0659 or email [gin-nymoon@aol.com](mailto:gin-nymoon@aol.com).



**Helmet For Sale.** Almost new Charles Owen GR8 Helmet. Black, size 7 1/4. \$125.00. Please contact Libby Hillis at [elizabeth.l.hillis@us.army.mil](mailto:elizabeth.l.hillis@us.army.mil) or 256-509-2387

**Portraits by Cathy.** Horses, dogs cats and children. Your favorite photo or I can take them for you. \$150 for a head only, \$200 and up for the whole animal, depending on the amount of background, rider etc. Call 721-3946 or email me at [czappe@mchsi.com](mailto:czappe@mchsi.com).



**Judith Fiorentino**

USDF Bronze, Silver and Gold Medalist

**Steel Prize Stables**


Dressage

[steelprize@knology.net](mailto:steelprize@knology.net)

<http://steelprizestables.com>

125 Christopher Dr  
Madison, AL 35757

256-837-5474  
Fax 256-430-0014

**Cathy Zappe**  
Dressage Instructor

USDF Certified Instructor (4th level)  
USDF Bronze and Silver Medalist

Pinelands Farm  
505 Orville Smith Rd.,  
Harvest AL 35749

Home: (256) 721 3946  
Cell: (256) 604 9400

**HEALING TOUCH**  
Certified Equine Massage Therapist  
Sonja H. Hinds


(256) 828-9843 Home  
(256) 682-0913 Cell

**Tic Tack**  
"Equestrian Consignment Shop"

Sonja Rich  
177 Lyons Road  
Decatur, AL

Now taking Consignments - By Appointment Only  
256.303.4020

Tel (256) 656-9762  
[www.debbiehilldressage.com](http://www.debbiehilldressage.com)

**Debbie Hill**  
Resident Dressage Trainer at Red Horse Ridge

USDF Bronze and Silver Medalist  
USDF Silver Bar for Freestyles  
USDF Certified Associate Instructor  
USDF "L" graduate

809 Moontown Rd.  
Brownsboro, AL 35741

**Karin Miles**

Dressage - Show Jumping Instructor

Phone: 256-783-3640  
[KleineRate@aol.com](mailto:KleineRate@aol.com)  
[www.GermanRidingInstructor.com](http://www.GermanRidingInstructor.com)

Bronze & Silver Medal Achievement  
German Certified Trainer B (FN Warendorf)  
USDF certified associate Instructor



"Enjoy the ART OF RIDING"

## 2011 CALENDAR OF EVENTS

Sept 2-4	Brian MacMahon Clinic. Teaching at various farms near Huntsville. Please contact Sonja Hinds for more information. (256) 682-6913 or sonjahinds57@msn.com
<b>Sept 10</b>	<b>TVDCTA Schooling Show at Red Horse Ridge. Gurley, AL. Judge: Mary Fowler (R). See www.tvdcta.org and Prize List and Entry on Page 4-5.</b>
Sept 10-11	Dressage at Greystone Farms. Lynnville, TN. USDF/USEF Dressage show. See www.greystoneequestriancentershow.com
Sept 10-11	Poplar Place Farm September Dressage Show. Hamilton, GA. USDF/USEF Dressage show. See www.poplarplacefarm.com
Sept 10-11	Southern Hospitality Dressage Breeders Classic 1 and 2. Conyers, GA. See www.gdcta.org
Sept 17-18	The Good Horseman/Collecting Gaits Farm Fall Dressage Show. Conyers, GA. USDF/USEF Dressage show. See www.goodhorseman.org
Sept 18	GHF Fall Dressage Sport Horse Breed Show #2. Conyers, GA. USDF/USEF Dressage show. See www.goodhorseman.org
Sept 24	CDTA Schooling Show. Robertson Equestrian Facility; Murfreesboro, TN. Contact Sherry Pride at sp4horses@united.net or see http://www.tndressage.com/Calendar.html
Oct 1-2	Blues City Dressage. Germantown, TN. USDF/USEF Dressage Show. See www.deltadressage.com
Oct 8-9	Dressage at Greystone Farms. Lynnville, TN. USDF/USEF Dressage show. See www.greystoneequestriancentershow.com
Oct 15	CDTA Schooling Show. Willing Horse Farm, Arrington, TN. Contact Sherry Pride at sp4horses@united.net or see http://www.tndressage.com/Calendar.html
<b>Oct 22</b>	<b>TVDCTA Schooling Show at Flint Ridge Farm. Huntsville, AL. Judge: Dolly Hannon (S). See www.tvdcta.org</b>
Oct 29-30	TN State Championships and Harvest Classic Dressage. Shelbyville, TN. USDF/USEF Dressage Show. See www.tndressage.com
Nov 12-13	Dressage at Greystone Farms. Lynnville, TN. USDF/USEF Dressage show. See www.greystoneequestriancentershow.com
Nov 19-20	Poplar Place Farm November Dressage Show. Hamilton, GA. USDF/USEF Dressage show. See www.poplarplacefarm.com

Did we miss something? Are you hosting an event you would like to list? Please email meris@mcn.net or bduncan@hiway.net to add things to the calendar. A complete year's listing can be found at tvdcta.org. Items are subject to change at the editor's discretion.



*"Horses lend us the wings we lack."*

Your local dealer for Ariat, Charles Owen, Kerrits, Bobby's, Collegiate, Royal Highness, Stubben, and MUCH MORE!

Shop over the phone and have it delivered to you!  
 "Call-Ahead Ordering" is available for select local shows.  
 Visit our website to see if your next event is on our list!

www.HorsingAroundOnline.com

HOME -> BULLETIN BOARD -> UPCOMING EVENTS





5650 Sanderson St, Suite O  
 Huntsville, AL 35805  
 (256) 837-5757

www.HorsingAroundOnline.com  
 Email: cckenny@bellsouth.net  
 Mon-Fri 10-6  
 Sat 11-4

## Learn Some Basics of Biomechanics and How it can Help Your Riding.

Since Dressage does not exist without movement, the study of the forces that cause movement can provide insight to help your riding. Biomechanics is the study of the application of mechanics to biological systems. The term mechanics was first used by Galileo to describe the force, motion and strength of materials. Movement of any kind results from internal and external forces. Biomechanics can measure some of what is observed by riders and judges. Understanding the science of riding is not necessary to be a good rider, but it may help you understand some of the classical riding theory and help you implement it in your daily training. At the September meeting we can scratch the surface of some biomechanical concepts and how it relates to dressage.

Meris Greges has a BS in Mechanical



*Engineering and BS Exercise Science with a Biomechanics emphasis and a MS in Biomedical Engineering. She has taught a graduate level biomechanics class along with working on projects involving Olympic figure skating, spinal cord injury, and movement analysis of thoroughbred racehorses. She is a TVDCTA member, PATH (formally NARHA) certified instructor and Pony Club graduate with experience in dressage and therapeutic riding. She currently owns and trains her three dressage horses.*

*She will talk at the September 20<sup>th</sup> meeting at 6:30 at deciBel research (see pg 1) on what biomechanics is and some simple biomechanical concepts that you can use to better understand some dressage theory and improve your riding.*

## Facts About Competitive Dressage Horses

Taken from USDF.org Facts and Statistics

- High Insured Values
- Large investment and long-term relationship between horse and rider
- Average competitive life is ten years
- Peak performance age average is twelve years
- Average age at which a horse is USDF lifetime registered is 7.5 years

Do you have a horse keeping, fitness, training, or time saving tip you would like to share? How about a question or a neat photo? Contributions for the newsletter are encouraged!! Please have submissions in by the 25<sup>th</sup> of the month prior to the issue. Items are subject to change at the editor's discretion. Contributions may be mailed or submitted via email to meris@mcn.net. If you would like your mailed material returned, please include a SASE. Mail contributions to Meris Greges; 29938 Thach Rd; Athens, AL 35613

### 2011 TVDCTA Schooling Show Info

**Sept 10, 2011**  
 Red Horse Ridge  
 Gurley, AL.  
 Judge: Mary Fowler ( R )  
 Closing Date Aug 27

**Oct 22, 2011**  
 Flint Ridge Farm  
 Huntsville, AL.  
 Judge: Dolly Hannon (S)  
 Closing Date Oct 8, 2011

### TVDCTA Bits Advertising Rates

Business Card.... \$5/mo.	1/4 Page.....\$10/mo.
1/2 Page..... \$17/mo.	Full Page.....\$30/mo.
Sponsor Strip... \$7/mo.	Classified*.....\$2/line/mo

----Advertise for 5 months, get the 6th month free!----  
 Classified ads will also be placed on our web site and may include a photo (counts as an extra line).

Please send advertising copy with payment (payable to TVDCTA) to: **Paulette Harrell**, 3113 Hale Drive, Huntsville, AL 35805 or digital copies can be emailed to [paulette.tvdcta@hotmail.com](mailto:paulette.tvdcta@hotmail.com)

\*Members may place one free classified ad (up to 3 full width lines) per newsletter.



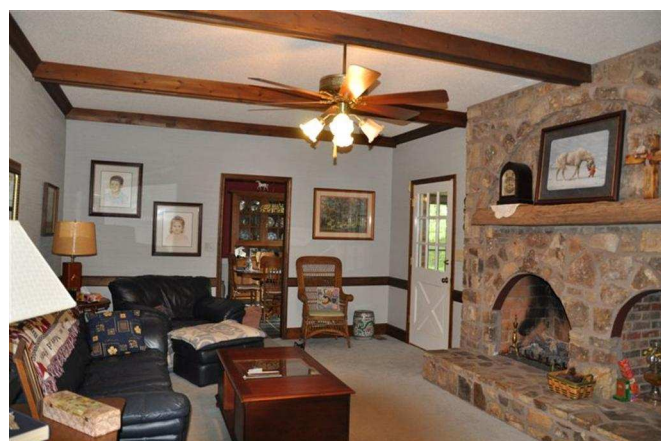
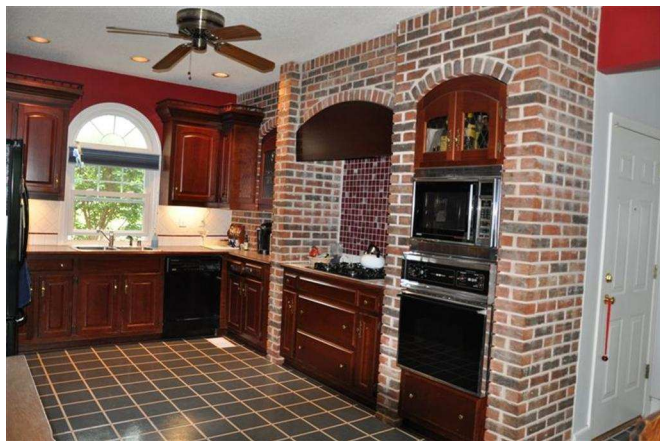
## EQUESTRIAN PROPERTY

119 Huntington Ridge Road; Madison, AL

House - Barn - 9 Acres

Incredible equestrian property in Madison. Very nice barn on 9 acres and beautiful approx 3300 sq ft home in a very private setting. Only 10 minutes to Research Park. Custom built home has 3 bedrooms/2.5 baths, 9-ft ceilings, hardwood floors, and large sunny rooms. 23x14 Family Room with awesome stone fireplace. Gourmet kitchen. 4-Stall Barn includes foaling stall, large wash stall w/hot water, tack room w/sink. Rubber mats in stalls and hall; sliding doors on all stalls and barn. Fully decked hay loft. Round pen/lunge ring. Two fully fenced pastures; smaller paddock with planked fence. Security lights. Nelson Auto Waterer in pasture. 4-bay Equipment Shed--50x24 enclosed area for shavings storage.

**Jeanne Allen, Keller Williams Realty. Cell 256-337-7615. [jeanneallen@kw.com](mailto:jeanneallen@kw.com) [www.findinghuntsvillehomes.com](http://www.findinghuntsvillehomes.com)**



# Zeus

1981 – 2011



Steel Prize Stables mourns the passing of Seine Majestaet aka Zeus who arrived into this world in Germany with the name of Socrates on the 17<sup>th</sup> of June 1981. We don't know when the name change occurred but he was imported into the United States as a 5 year old and as of that time all of his records show him as Seine Majestaet. We think he was called Zucker (Sugar) in Germany, which sounded like Zeus to Americans. I purchased him in May of 1997 and have enjoyed him every year since then. I trained and competed him through Grand Prix. He was then retired to the school where he was ridden and competed by adults and children. It has been lovely to see him being led by children who were about the size of his head, and he has been Sugar to us all. Zeus left us on Saturday morning, the 6<sup>th</sup> of August 2011. He died peacefully in his stall and left a large hole behind in our hearts. However, we know he is delighted to be joining his friends who have gone before.

Judith Fiorentino