

Ottawa Area Dressage Group

www.ottawadressage.ca





OADG is a chapter of CADORA Inc.

OADG is a Dressage Canada affiliated riding club.

Spring 2015

It's the middle of another ridiculous cold snap as I write this, and I am enjoying doing something horse-related but INDOORS!!! © I hope you all enjoyed the winter weather – whether you have a heated indoor arena available, or whether you ride only on the outdoor snow-covered trails, or whether you go to Florida for a beach vacation or for Dressage Canada's "Fortnight in Florida", or anything in between!

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Message from the President

Hi, OADG members. I hope you had a good winter even if it was bitterly cold most of the time in this part of the world. The sun is starting to increase its daily hours of work and it is starting to look as if we are going to have a summer in 2015 after all.

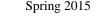
I would like to thank you all for having joined the OADG in 2014. I hope that you will do so again in 2015 for a new season of dressage in the Ottawa area that promises to be a very good one for all concerned based on the number of shows in each category, on the geographical diversity of all barns involved as well as other events promoted or sanctioned by the OADG.

Your Board of Directors has been quite active. To begin with, Mandy Spear has joined the Board as Membership Director and will be our rookie director for this year since all other directors are back in the portfolio they had last year. So far, three meetings have been held: in Blackburn Hamlet (following the AGM) in December; in Metcalfe (P. Paquette's place) in January; and again in Metcalfe (S. Otto's place) in March. Our next meeting is scheduled for May 5th in Nepean (L.-L. Brenneman's place).

A number of major decisions have already been taken in regards to the 2015 season:

- The Board confirmed that the annual dues would remain the same as last year.
- Unless unforeseen major problems occur, the 2015 show season will consist of 12 schooling shows, 7 Silver shows, 6 Gold shows, and one Platinum show for a grand total of 26 shows. The season will open with a Gold show at Centaur on May 3rd and conclude with a schooling show at Centaur on October 18. For a detailed view of the schedule, I would ask you to consult our website (www.ottawadressage.ca). This promises to be one of our best seasons for all riders.
- The Show Coordinator (A. Galt) and the Education Coordinator (P. McQuaid) are actively working with the senior coaches and the barn owners of our area and are hoping to finalize an educational clinic program in the very near future as was promised at the end of last season.
- Reservations have been made to hold the Annual Awards Banquet on Saturday Dec. 5th at the Hellenic Centre on Prince of Wales Drive, same venue as last year. Our Banquet Director (M.-C. Boucher) will shortly be contacting the membership to obtain its views on the way members see that evening. Based on your replies, should major trends or preferences be shown, the Board will try as much as possible to meet them.
- In the Annual Awards, new Merit medals will be awarded next year for the walk-trot classes of the Silver and Gold shows. The Awards Director (C. Maguire) will be informing us in the near future.

Continued on page 3...





Sponsors:

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Ottawa Area Dressage Group, www.ottawadressage.ca , 613-821-6206

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www.oakhurstfarm.ca;

Joan Allum and Mark Nelson.

Ontario Federation of Agriculture,

Guelph, 1-800-668-3276

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Top Riding Equestrian Centre,

Robert Gharibzadeh,

www.topriding.ca; 613-676-3521

Valley Vet Clinic, Carleton Place, equine@valleyvet.ca; Dr. Evangeline Wiens, 613-257-3202



Message from our Membership Director...

It's spring! Okay, so maybe you have to close your eyes, still use your quarter sheet, and pretend that you don't continue to hear snow falling off the roof of the indoor arena while you gaze longingly outside at your frozen white sandbox but... it's spring!

If we choose to believe the calendar, that means that you have about TWO MONTHS to renew your OADG membership and encourage others to join! The membership deadline is May 31st, 2015. While I myself often fall victim to the dragon that is procrastination, as your new membership director I cheerfully implore you to renew sooner rather than later! I use the term cheerfully quite deliberately at this time; a pricklier adverb might be in order should I be receiving a windfall of membership requests on May 31st while I am showing at the Park. Ha.

To make it incredibly easy for you to renew or join this year, I am accepting email transfers along with emailed membership forms. Please use membership@ottawadressage.ca for communication if this option appeals to you. You are, of course, welcome to surprise my neighbourhood mail carrier by continuing to send cheques and membership forms the traditional way as well.

Happy show preparation (yes, I went there! ©) and I look forward to putting some names to faces on the circuit this year! I'll be the one complaining about the heat. Feel free to slap me.

Mandy Spear, Membership Director membership@ottawadressage.ca

Message from our Awards Director...

Congratulations to all the Award winners from the 2014 season! The season's results are posted on the website, along with the banquet program. I hope all the trophy winners, in particular, are enjoying displaying the fruits of their hard work over last year's competitive season. The trophies are yours to enjoy until the end of the summer and then they need to be returned to me (clean, please) to be prepared for the 2015 banquet. Details will be sent out later regarding return stations and dates.

For 2015, we have two exciting changes to announce:

- First, the Gold PSG Award will be split into two awards, one for Adult Amateur and one for Open. There will be
 two shiny new trophies prepared to kick off this change. It is encouraging to see so many riders advancing
 through the levels and that we have sufficient numbers of competitors to warrant this change! Keep up the good
 work, everyone.
- The second change is actually at the other end of the spectrum. To encourage those who wish to compete in Walk/Trot classes at Silver and Gold shows, we have added year-end Merit Medals for this level.

For all the rules and additional details on changes for the season, please refer to the Awards section of the website – and please feel free to contact me directly if you have questions or comments.

Catherine Maguire, Awards Director awards@ottawadressage.ca

Message from the President (continued from first page)

• Arrangements have already been made by our Sponsorship Director (S. Otto) to purchase a number of white saddle pads with the OADG logo on them. One such pad will be given to the organizer of each show that qualify for our year-end awards, as a prize for one of the riders in that show.

I hope this gives you a general overview of what has taken place since the end of last season, and I would ask you to please make a point of checking the OADG website on a regular basis since a great deal of information appears in it as this is the principal tool that was chosen to keep you informed of all matters in the course of the season.

I hope you all have a good and satisfying season. Should you have comments that you would like to send to me, do not he sitate to contact me by phone or email!



Memberships

At this time of year, the most important news is -it's time, again, to renew memberships or purchase new ones.

OADG Membership

Renew or purchase new before May 31st, 2015 to be eligible for OADG year-end awards or discounts at OADG events (such as educational clinics). Both rider and horse owner must hold memberships.

There are many benefits to joining OADG. You will support local initiatives to promote shows, learning opportunities, sponsorships, and building a "community" of like-minded riders, owners, and "ground crew". Your Board of Directors is planning newsletters and email "news briefs" to disseminate information, and our Facebook page provides a social community.

A rider or horse may compete in dressage competitions without any membership in any level of the OADG, CADORA Ontario, or CADORA National, but must have a membership to be eligible for any year-end awards or competition grants sponsored by the OADG, CADORA Ontario, or CADORA National. To receive an Omnibus (the official "test book"), you must purchase a full CADORA National membership (which includes OADG and CADORA Ontario memberships).

Other Memberships

For a rider or horse to compete in dressage shows, you **must** have certain memberships and licences:

All levels of showing: Both the rider and the owner of the horse must be members of their Provincial Sport

Organization (Ontario Equestrian Federation (OEF), Federation Equestrian du Quebec

(FEQ), or equivalent for other provinces).

OEF Schooling Series: Other than OEF/equivalent, no additional memberships are required.

Bronze Series: In addition to OEF/equivalent, both the rider and the horse owner must hold an Equine

Canada Bronze Sport Licence (with Adult Amateur designation if applicable)

Silver Series: In addition to OEF/equivalent, both the rider and the horse owner must hold:

- An Equine Canada Silver Sport Licence (with Adult Amateur designation if applicable)

- The horse owner must have an Equine Canada passport for the horse, with valid "horse

licence sticker" for 2015

Gold Series (National): In addition to OEF/equivalent, both the rider and the horse owner must hold:

- An Equine Canada Gold Sport Licence (with Adult Amateur designation if applicable)

- A full membership in Dressage Canada

- The horse owner must have an Equine Canada passport for the horse, with valid "horse

licence sticker" for 2015

Platinum Series (CDI): In addition to OEF/equivalent, both the rider and the horse owner must hold:

- An Equine Canada Platinum Sport Licence (with Adult Amateur designation if applicable)
- A full membership in Dressage Canada
- FEI membership (purchased through Equine Canada)
- Permission from Equine Canada to compete
- The horse owner must have either:
 - o For CDI 1*, 2* (within Canada), an Equine Canada passport for the horse, with valid "horse licence sticker" for 2015
 - o A valid FEI passport including a valid EC "horse licence sticker" for 2015

Please note that Equine Canada rules apply at all shows, and drug testing may occur at any show.



OTTAWA AREA DRESSAGE GROUP of CADORA 2015 MEMBERSHIP APPLICATION



OADG is a local group affiliated with both CADORA and Dressage Canada.

The OADG is a not-for-profit organization whose purpose is to foster the sport of Dressage by encouraging participation in Competitions, Demonstrations, Lectures and other activities which increase knowledge and understanding of good horsemanship. Memberships run from January 1st to December 31st. Senior memberships must be renewed with the OADG, CADORA Ontario and CADORA National no later than May 31st to retain voting privileges and ensure eligibility for all applicable awards.

You MUST join no later than May 31st in order to qualify for OADG awards.

Both the rider and owner of the horse (if different) must be members of the OADG by May 31st. Owners must have at least an OADG local membership. (Scores up to and including May 31st are also valid for year-end awards as long as your membership is received by May 31st.)

MEMBERSHIP INFORMATION: NEW LAST NAME			RENEWAL		OEF#	
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Membership is valid	as of the date the co	ompleted form and fee ar	e received togethe	r by the OAI	DG membership	director.
Mail to: Ma	andy Spear		ne: 613-513-3657			

3979 Diamondview Rd. Email: <u>membership@ottawadressage.ca</u>

Kinburn, ON KOA 2HO OADG Website: http://ottawadressage.ca/renew/

Membership forms may be **emailed** to <u>membership@ottawadressage.ca</u> **IF** accompanied by an **email money transfer*** to the *same email*.

*Please state your full name(s) in the description box of the transfer for the purpose of clarity.

A membership in any level of the OADG, CADORA Ontario or CADORA National is not required for a rider or horse to compete in dressage competitions, but is required to be eligible for any year-end awards or competition grants sponsored by the OADG, CADORA Ontario or CADORA National.

OTTAWA AREA DRESSAGE GROUP of CADORA 2015 MEMBERSHIP INFORMATION

Privacy Policy: The OADG will not share your personal information with third parties unless required for business directly related to the OADG (such as forwarding member information to CADORA). If we judge an issue or information item to be of interest to our members, we will forward that information to you directly by email from within the OADG Director group.

The OADG membership packages are divided by levels identifying total fees required to join either: OADG (local group), CADORA Ontario (COAI), or CADORA National. There is also a level for those residing in Quebec, not having a provincial affiliate and thus not required to join CADORA Ontario. Each member can choose the membership package that fits their particular preferences.

A membership in any level of OADG, CADORA Ontario or CADORA National is not required for a rider or horse to compete in dressage competitions. However; it is necessary for both the rider and at least one owner of the horse (if different) to be members in order to be eligible for any year-end awards or competition grants sponsored by the OADG, CADORA Ontario or CADORA National. Memberships are required to be in by May 31st to be eligible for OADG, CADORA Ont or CADORA Inc awards.

MEMBERSHIP PACKAGES:

LOCAL: OADG Local membership ONLY (Senior/Junior)

ONTARIO: OADG Local membership and CADORA ONTARIO membership (Senior/Junior)

NATIONAL: OADG Local membership and CADORA Ontario membership and CADORA National membership (Senior/Junior)

QUEBEC NATIONAL: OADG Local membership and CADORA National membership (Senior/Junior)

The following is a summary of what each membership package includes:

LOCAL – OADG	- Eligible for local OADG year-end awards for FEI, Gold, Silver, Bronze, Schooling Permit		
Ottawa Area Dressage Group	• •		
of CADORA	eligible for year-end awards. (Except for the overall PeeWee Award)		
	- Local OADG shows are designated in the Local column at http://ottawadressage.ca/shows/		
	- See http://ottawadressage.ca/awards/ for awards criteria, which include external show scores		
	- OADG Local group newsletter		
	- Eligible to ride in OADG sponsored clinics		
	- Eligible to vote in local OADG group elections at AGM, and stand for director		
	- Affiliated with Dressage Canada		
ONTARIO - COAI	Local OADG package plus:		
Cadora Ontario Association	- Eligible for COAI, Silver, Bronze awards		
Inc.	- CADORA Ontario newsletters		
	- Vote in COAI elections and stand for director		
	- Access to CADORA Ontario scholarship programs		
NATIONAL -	Ontario package plus:		
Cadora National Inc.	- One CADORA Omnibus		
	- CADORA National quarterly newsletters		
	- Purchase CADORA National supplies (Omnibus, lapel pin, rain covers)		
	- Eligible for CADORA National FEI, Gold awards		
	- Vote in CADORA National elections at AGM and stand for Director (if renewed by May		
	31st)		

Quebec residents competing on the Ontario Silver circuit must join CADORA Ontario to be eligible for year-end CADORA Ontario Silver awards. Quebec residents do have the option of not joining CADORA Ontario if they are not competing on the Ontario Silver Circuit.

Supplies: Supplies are for CADORA NATIONAL members ONLY

Note: All OADG members participating in OADG shows and clinics must be members of the OEF for insurance purposes. It is recommended that clinic organizers ask for participant OEF number.

Please do not send the OADG membership director any of your Ontario Equestrian Federation (OEF) memberships, your Equine Canada (EC) memberships or your Dressage Canada (DC) memberships. These should be sent directly to the OEF or EC membership offices.



Catching up with... Jade Deter

Many of you remember Jade Deter from her Junior and Young Rider days, riding at the local dressage shows and at the FEI and NAJYR competitions. We asked her a few questions about what she's up to, these days.

Can you give us a quick reminder of your amateur career, here? What were some of the highlights?

- Competed in FEI Ponies from 2003-2006 with my two ponies Thunder and Columbo enjoying much success at the International level at a very young age.
- In 2007 I made the transition to the FEI Junior level with my horse Mastermind winning all national and international competitions with him that season.
- We were named to the Junior team in 2007 to go to NAJYRC where we won triple gold.
- In 2008 I was named to the Young Rider team that went to NAJYRC where we got team bronze.
- In 2009 Mastermind and I took the trip across the pond, to a whole new adventure!

How long have you been in England, now? Can you tell us about what you're doing, there? I understand that you're working with Carl Hester and Charlotte Dujardin – how exciting! What is it like to work with them, and what is a typical day like?

I have been in England now since September 2009 so 5 years and a bit. Currently I am running my own yard (what they call a stable / barn in the UK) with my partner Angus who is a 3* eventer riding for Great Britain. We have a yard of about 15 competition horses between the both of us. We have everything from unbroken 3 year olds to advanced dressage / event horses. I ride my horses each day in the morning, then from 1 p.m. on I teach my clients and students.

Yes, I spent time being a working pupil for Carl and still do travel to him for lessons. I also do train with Gareth Hughes (member of silver medal team at WEG 2014) who works closely with Carl. It's like a dream come true!! It's hard to believe sometimes that when I look at my address book

on the phone that I have the likes of Carl and Charlotte in it!!

Carl and Charlotte are truly great. Carl is a real true horseman and really cares about having a happy athlete to perform for him. His horses are only schooled 4 days a week and hacked on the quiet lanes here twice a week and have one day off. His horses all get turned out, even the Olympic ones. The young horses live out from a Friday evening to a Monday morning every week. I see Charlotte as a friend really; she and I get along very well.

How many horses do you ride, each week, and what type of a training programme? Do you get to show any of the horses? Only in England, or over in Europe too?

I usually ride between 5-7 horses a day, I try to follow a similar program to Carl, which many top professionals do over here, which involves hacking the horses once or twice a week. It is amazing how beneficial it is for the horses' fitness levels and mindset.

Yes, I show many different horses! I have horses in training that are owned by owners for me to compete, as well as having young sale horses that I compete to campaign and sell on. I have competed in Germany as well as England. And I often travel to Scotland and Ireland with Angus for his events and to teach eventers.

Do you still have Mastermind? How is his training going? Did it take him long to adapt to England? Are there any big differences in your training program with Mastermind there, as compared to when you were in Ottawa?

Yes of course I still have Mastermind (Monty) he is a horse of a lifetime!! I love him more and more each day! I only ride him maybe once a week now and hack him. His job now is doing what he has done for me for one of my students who is leasing him and competing Junior level on him. Monty



never used to hack when we were in Ottawa and now he loves it. He hacks at least twice a week.

How about Thunder, your FEI pony? Do you still have him, do you know what he is doing?

Yes I still have Thunder too, well I gave him to one of my close friends in the Ottawa area for her kids to ride and enjoy. I still go see him every time I am in Ottawa though!

Was it a big change, landing in England and adapting to life "over the big pond"? Did you have any culture shock, or had you already been to England and knew what it was going to be like? Where are you based, in England?

Yes it was a very big change, it is very different over here. There are many many great dressage riders and just riders in general! Everywhere you look! Our yard is actually quite near London not far from the airport about an hour away. We are in Surrey.

Can you tell us about any differences in training that made a big impression on you, between Canada and England? What is the same about dressage training in England, and what is different from Canada? Is there a lot more opportunity to show? Is the training more intense or about the same?

The training is very different between the two countries, but as I said there are many good top professionals in England. I feel that in England and Europe in general, it's more of a lifestyle; it's a way of life in the UK. Here in the UK you see a lot more "horsemen" shall I say; people who really "get" horses, and care and think that a horse should be a horse. It's not uncommon for top horses to go in the field and for young horses to get turned out in the field for like half a year to develop and mature.

Yes, there is a lot more opportunity to show, there are shows every day. If you want to go, you just go. One thing I learnt is that shows aren't such a big deal in the UK and Europe. They are just like another normal day, you just decide where you

want to go, enter most via online, then put tack in the lorry and go for your test and come home.

What are your plans and dreams for the next few years? Will you be staying in England, or are you thinking of returning to Canada fulltime? Or going somewhere else?

Well... my dream is to have a base in Europe and one in North America, and go between the both and have them interlinked. I would love to share all the knowledge from Europe with fellow riders in Canada to help them develop as riders/trainers. My dream would be to be able to have a base here where the students have the option of coming over to the base in Europe to train and learn and experience the horse world overseas. As well as doing the same with bringing horses over here and matching them with future riders for Canada for success.

What do you do, outside of riding? What hobbies or other interests? Are you hooked on "Coronation Street"?

Well to be honest with the riding and teaching I don't have much time for anything else. I have got to see quite a lot of Europe though traveling to competitions such as Belgium, Germany, Holland, France, Scotland, Ireland. Ohh and I have a little Jack Russell called Buddy who has a pet passport so he travels with me everywhere to compete and teach.. And you know what, I have never watched an episode of Coronation Street, I have seen an episode of Downton Abbey though ©

What advice would you give to any riders about their dressage riding and training?

The advice I would give to riders is to get as much instruction from professional riders and ensure they have the right horse to achieve the goal they want to achieve. (I see very often riders matched with the wrong horses, someone has to be teaching someone). Also to remember they are horses (not machines) like people they have bad days too!! © So don't give up! And take whatever chance or opportunity you get to come to Europe to have a little taste of what it's like over here ©

[&]quot;Catching up with..." is a regular (or at least semi-regular! ①) feature. If you know what someone is up to now, or would like to find out what someone is up to, please contact your Communications director to suggest an article.



Life is a journey, not just the destination...

Having Hope by Christina Conway

Can you tell us a little bit about yourself and your background with riding? How did Hope come into your life?

I suppose I technically started riding when I was 7-years-old, at a summer riding camp. A lot of riders attribute the origin of their X amount of years riding to when they were toddlers, but I have just never considered that to be the honest beginning. I started riding (or rather, learning to really ride) when I got Hope.

I started taking group lessons at a riding school when I was 11-years-old. A year later, we decided it was time to find my own horse - because every green 12-year-old needs a horse! We (my parents and I) didn't know anything about horses. My coach brought us to see Hope.

Hope was a 9-year-old, 16hh, bay Thoroughbred mare. She had never been to the track, and up until that point had been a successful show hunter/jumper. Hope was good to me that first day. Probably amused by the group-lesson kid on her back. I remember the very first thing I noticed was how different a horse's stride was compared to a pony's! We were allowed to take her home on a 3-day trial. I'm the type of person who gets strong vibes from people and gut feelings. Those three days, my gut was entirely on the fence about Hope. I didn't know why, she had not put a foot wrong, but I just had this *feeling*. Part of me finds it funny now that I was so intuitive about her, but I'm also glad that in that instance, I was young enough to ignore it. Hope became my first horse.

You mentioned that it has been a long journey, but that you never gave up on her. Can you explain what you meant by that? What were the challenges, the wrong turns? How did you get where you are now?

Hope quickly made it clear that she was not a good first horse. She would rear at the paddock gate and run off. She would dance in the crossties, making me afraid to tack her up. She did an airs-above-the-ground while I was trying to tighten her girth. To top it all off, she hated her own species. Her big, expressive ears were most often found pinned glaringly at another horse. She never once kicked or bit or made any attempt to show aggression other than in her lovely face - but her attitude quickly started getting noticed by the barn moms. I was afraid of Hope, but when I started hearing the titters and the rumours about her, I became stubborn. This was the first turning point for our relationship. I was still scared of her, but I didn't believe she was truly the things they were saying. I sought to prove them wrong and was determined to stick with her.



Our journey up until now has been challenging. We would climb out of one ditch only to fall into another. The journey was slow at the start because of many factors - lameness, illness, stress. Hope is highly sensitive to stress. She would fight, every ride. Slamming on the brakes, head tossing, running. Every new movement she learned, she would rebel until she figured it out.

The long journey was worth the investment. Eventually, my fear turned into confidence due to her actions. She forced me to learn to ride. Crying and losing control was not an option. I still say to this day that Hope is the best coach I have ever had.

Even showing Hope was a challenge. You'd think a horse that had shown all her life would be pretty calm at shows. No. She would not relax to graze. She would scream and panic if she saw a horse leave her. For a horse that hated horses, she could not tolerate being alone. She used to only trust her world within four walls. To help her self-confidence, I started riding her a lot outside of any ring, taking her away from her comfort zone. I noticed a big difference in her at shows over time. With confidence on both our parts, she now enjoys exploring at the show grounds. She is now quite pleasant to show!

Before all of this, however, I was told she would probably never go beyond 2nd Level because of her attitude. This moment was devastating for me. All of our work, our sweat and tears, felt like for nothing. This was the second turning point in our relationship. Up until then it had always been about proving Hope's reputation wrong. Now, I wanted to prove that we would get to 3rd Level. In the past, I *knew* that Hope was not truly dangerous. This time, I *knew* that Hope had a lot more in her.

When I met who would become my current trainer today, he said something during our first lesson that I will never forget. He started by asking me what my goals were for Hope. I said "3rd Level" and laughed self-consciously. Here I was, riding this 15-year-old Thoroughbred, talking to this high level coach. Of all the people I expected to not believe in Hope, this was one of them. He simply said, "Why only 3rd?"

From there, everything started to fall into place. Hope's transformation began with taking her back to the very beginning. For months, all I did was ride her in a long, stretchy frame. No sitting trot, no collected work, no movements or tricks. We had to rebuild her muscling and frame of mind from the ground up. This was the key to what would lead her and I to training Prix St. George three years later.

For a 15-year-old horse, Hope's ability to physically transform was nothing short of remarkable. Her trapezius, her topline, *everything* changed extensively. Over time, all of her old evasions disappeared. She had the correct foundation, and found herself without reason to react. I had to re-learn my ways of riding as well. After years of unpredictability, I finally learned to trust her.



What level are you competing at now? What are your goals for this year?

Last summer we successfully competed nationally at 4th Level, and by the fall we were just about ready for the PSG test. We have had one more challenge recently, however. Hope developed an allergy at the end of the fall season which caused pleuritis. Pleurisy is a swelling of the lining of the lungs, making it painful for her to breathe. This resulted in a few months off of real work and set us back a bit from where we were before. PSG is still my goal for this year, whether it happens at the start or at the end of the season. It was a level I never thought I would reach with her, but she did, and she will again.

There are not many who can say their 19-year-old Thoroughbred achieved that level. Just to say that we got there is enough for me, regardless of how we do. All of the elements that tried to hold us back failed in the wake of our mutual stubbornness and love of the sport. Hope and I are very much alike in personality. We are a team, and always have been. I say she was a terrible first horse, but she was also the best one I could have had.

You have another horse, right? What are your hopes and plans for Aragon?

I have a youngster now. He has been mine since he was six-weeks-old, and he is now approaching two years. Timing wise, my thoughts were that by the time Aragon is ready to really work, Hope will be at an age where she can slow down in her training and eventually retire. My hopes for him are the same as my hopes for Hope - that we will go as far as we can together. I'm looking forward to moving up the levels again, with him.

Christina Conway is an Ottawa area professional photographer and graphics designer from Dazzle by Design (www.dazzlebydesign.ca). When not behind the camera covering the local shows, Christina is training and competing in dressage with her Thoroughbred mare, Hope (Reach for Broadway).

[Editor's note: I read some comments from Christina on Facebook and was intrigued enough to ask about Hope's story. From that, Christina (an OADG member) submitted this article. If anyone else has a "life's a journey" story, or any other story, that they would like to tell, please contact me at communications@ottawadressage.ca because I'm sure we'd all love to hear it!

Save the date!...

The OADG 2015 Awards Banquet

Saturday, December 5, 2015

Hellenic Meeting and Reception Centre, 1315 Prince of Wales Drive, Ottawa (the same location as the 2013 and 2014 banquets)

More details to come...



Clinic reviews!...

Stephen Clarke

The 10th Annual Stephen Clarke "Build a Better Dressage Horse" Symposium was held on Sept. 27-28 at Ferme Viewpoint Farm in Sainte-Justine-de-Newton, Québec

By Peggy McQuaid, OADG Education Director

Reprinted with permission from CADORA e-INK, December 2014

What a spectacular weekend! The weather returned to summer, and no one was complaining. We got to watch 16 horse/rider combinations from Young Horse all the way through to Grand Prix.

I've attended a number of these clinics and have always come away with new information or insight as to how to make a horse better. Even the repetition of the same instruction seen with a different horse/rider combination only helps confirm that you need to develop really good basics with your own horse and continually go back and make sure that those basics are still solid as you move upwards.

Stephen always states that he is not there to provide quick fixes but rather only wants to give riders "ideas" of what to work on that will be of benefit in the long term.

Quotes from Stephen:

"You need to realize that not all exercises work for every horse—you need to play and find out the best approach for your horse."

"Be effective when you have to be and be quiet when you can be."

"You need to have a clear mental picture of every stride to have a good mark."

"When you have a problem, don't be afraid to back track to solve it; once he gets it, then reward and quit; don't drill it."

"Train a horse as quickly as it can handle the work; take your time when things are difficult to build the strength necessary."

Now, for some of the other tidbits that I gleaned over the course of this weekend:

Always make sure the horse is working from behind, and, even when working long and low on contact, make sure the horse is not behind the vertical. To stretch round and down. maintain contact; it is not a loose rein. You want them to let go of their back muscles—not let go of the bit! Allow the horse to work round and down but don't allow him to become flat in his movement as a result. He needs to be rounder, looser in the frame and sharp!

Even when riding on a long rein, don't get into the habit of pushing him; the horse needs to carry the pace by himself. For instance, in canter you need to be able to take your legs off, drop your rein, and the horse should remain in canter.

Submission comes from the leg. You need to have the horse in front of the leg without hurrying him. To take the rushing out of the trot, think you are trotting in water ... slow motion steps.

To check to see if you have an honest head carriage, take the reins into one hand; there should be no change in the head carriage. If the neck is short and behind the vertical, there is no room for the hind leg to engage without tension. If the horse is collapsed at the poll and behind the vertical, then he is out of balance. When you want to raise the poll, raise your hands upwards—not backwards.

You need to have the horse confirmed in his balance before you can play with changes within the pace. You cannot ride forward until the horse is in balance; if he is running away with you, he is not through and therefore, not in balance.





Remember to ride rhythm and then forward. Tempo is the speed of the rhythm. Cadence is within the paces where rhythm, balance and impulsion are all connected and the moment of suspension becomes more pronounced. As you move up the levels, you need to control the tempo and be able to shorten and lengthen on demand.

When the horse is stiff on the left, it usually means he is hollow on the right. To get the horse softer on the left, you have to ride the left leg into the right rein in order to get the horse to take equal contact on both reins. Ride a 10m circle with slight shoulder-in to make the horse keep the outside rein. Do not be nice and too soft (which will allow the horse not to be on the bit).

A horse needs to be supple and over his back before he can be more engaged. The trot needs to be the same on large and small circles. Always train the horse to be forward and take him out of the work before he loses balance, cadence, etc. and go back to his regular pace. Only lengthen as much as you can keep the balance and rhythm. Note: when the horse is tracking up or a bit over, that is the normal trot.

For downward transitions in the beginning, use circles, shoulder-in, and shoulder-fore in small circles to balance and bring the horse back rather than simply pulling on the reins. Always have the horse thinking that something may be happening viz. lots of transitions within gaits and into and out of gaits.

To do an effective half halt, shift the horse so that he takes more weight on his hindquarters. A horse needs to have a good downward transition before he will become good at rebalancing within the gait with a half-halt.

When doing halt/trot transitions, you want the first step of trot to be large. For trot/halt transitions, you need to be effective in getting the

halt. You and your horse must be forward-thinking: ride forward and uphill. Going from canter to halt, be effective: sit, demand the transition and then be nice to your horse.

For a horse that is difficult to collect, it is important that the first stride of canter is quick. When using trot/canter/trot transitions, ensure that the first stride is sharp off your leg. Every reaction you get at the canter depart will be the same when you do a flying change. Don't forget: the horse must be forward to get the changes.

In canter half-pass, make sure the horse is forward enough; otherwise. he will appear to jump with both hind legs together. The canter half-pass looks better when you collect in the corner, position the shoulder-fore and then do the half-pass. In all half pass work, aim the whole horse where you are going and then wrap the horse around your leg.

And there was much, much more....

Hopefully, this has given you food for thought ... and the next time Stephen Clarke comes, you take advantage of his vast wealth of knowledge and come and support the clinic as either an auditor or rider. He is always willing to answer questions. I know that I have certainly benefited by attending his clinics as an auditor, and I think my horse appreciates some of the changes that I have done as a direct result.

I would also like to thank Christine Ide of Ferme Viewpoint Farm for hosting this year's event in eastern Canada. Without the support from local establishments, clinics such as this would not be possible.

Hope to see you at the next clinic!

For anyone interested in visiting New Zealand in 2016...

For those of you who are surviving this March weather, after the coldest February in 110 years, I would like to offer an idea for March 2016. Terry and I have just returned from New Zealand; it is their opposite season so now is late summer there. For 2016 we are planning a reasonably active trip to the South Island that could involve riding, walking and a guided cycling trip through the majestic Otago Rail Trail. This strip would start and end in Christchurch, with a myriad of ways to get there. Interested persons, please contact Sue Otto, em382@ncf.ca.



Cara Whitham

Notes from the Cara Whitham Clinic held on Oct. 25, 2014, presented by Stone Haven Dressage at Top Riding Equestrian Centre in Kemptville, Ontario by Cathy Gordon, OADG Director (Webmaster)

Why can we not half halt in walk? There is no period of suspension. In walk, the horse has a foot on the ground at all times, whereas in trot the diagonally opposite feet touch the ground at the same time and there is a period where all four hooves do not touch the ground. The canter is a three beat movement with a moment of suspension also. However, we can think of half-halt in walk as raising the horse's shoulders and wither and the head will automatically come up with the poll the highest point (i.e. the horse is carrying). Collect the walk by asking the horse to go forward into the contact.

Hands must be closed on the rein: vertical – no piano hands. The vertical hands, thumbs on top, form a triangle with the horse's mouth with the reins parallel to the horse's neck not 90 degrees to the horse's neck. We want a straight line from the mouth to the hand, without a brace (i.e. block) caused by piano hands. If you have not already mastered this lesson, fix it as there can be no progress when the circle of connection from the hind leg and back through the rider's body to the horse's mouth is blocked by braced hands. Elbows in against the body should follow when the hands are vertical.

When the reins are too long, the circle of connection is also lost. Shorten the reins so the hands are in front of the saddle and ride the horse towards the contact, in all gaits. Do not pull back.

Aides: we can teach a horse, but it is its responsibility to carry the movement by itself, i.e. no nagging, be clear with the aides (i.e. get a response!) and <u>allow</u> the horse do its job. The higher the level of training, the more precise the aides must be.

[Author's note: The horse has a soul and mind – think of him/her as a partner, not a machine.]

Trot: the inside leg can activate the horse when the rider sits in rising trot – no nagging.

Half halt when the shoulder drops down/dives down, i.e. the horse is on the forehand. A half halt is drawing the outside elbow towards the hip in the moment of suspension: immediate release is imperative - do not pull. If the rider looks towards where he/she is going instead of at the horse's head and neck, there will be fewer incidences of riding on the forehand instead of engaging the hind quarters – it's that simple. You cannot ride with feel if you are looking down. You will drive the force of the horse's movement downwards, not forward, when you look down. When we humans want to grasp a concept, we tend to look down at our horse. Try not to do this as this time lapse while on the horse's back is actually unproductive backwards riding. If you want to partner with your horse, look to where you want to go and feel the horse. Then you will be riding towards harmony, everyone's goal.

Test self-carriage by patting the horse's neck with the inside rein, never the outside rein.

Corners: half-halt before the corner and after the corner. Use inside leg to outside rein — never use the inside rein to pull the horse around the corner! Let go of the inside rein to allow the horse's hind legs and inside shoulder to execute the movement. Every correctly ridden corner is a collecting and balancing movement which creates impulsion and self-carriage. The horse must be bent and vertical to the ground when seen from above, not motorcycling around corners (i.e. tipped or canted in like a bike).





In canter, do not block with the inside hand. This puts too much weight on the inside hind leg. Again, stay off the inside rein and allow the horse to come through. When half halting in canter with the outside rein, always give the inside rein. Canter with the horse's hind end under, not so much forward and flat, i.e. the horse carries.

When the horse's back is not working, the tail is clamped. When the tail comes off the body, it proves the hind end is engaged.

In all downward transitions, give with the inside rein.

Shoulder-in: think of neck reining the outside rein against the neck (but do not cross the rein over the whither to the inside). Balance with the half halt outside rein, as required, inside leg on the girth. The inside leg must be forward on the girth, not behind the girth.

Half pass: do not drive excessively with the outside leg. To create expressive half passes, enter in shoulder-in; half halt outside rein but do not pull back; outside leg further back; <u>no inside rein</u>; inside leg creates forward drive.

Turn on the haunches: start in shoulder-in; half halt outside rein but do not pull back. Rider's outside leg goes back further; bring the shoulders around; half halt to ensure the horse does not leave the turn too early before straightening.

Flying changes: if the change from left to right, swing the rider's left leg back to ask for the change. Soften the new inside right rein, otherwise the horse's new inside shoulder cannot swing through.

Half steps: the horse must be very calm; take a few steps and get out. Do not do piaffe on the circle: do it against the wall. Rider's legs go back to ask for half steps and then forward to go out.

Canter pirouette development: create a rectangle using four letters in the arena. At one of the letters, half halt to collect the canter before bringing the shoulders around. To collect the canter, the horse must first be flexed to the inside, i.e. in a shoulder-fore position. Do not half halt too long as this inhibits the turn. Do not stop riding in the turn, think of cantering out to the next letter, which is negotiated as a normal corner. Repeat calmly. Reward the horse and stop the exercise while it is good before the horse tires.

Passage: flex to the inside and half halt the outside rein.

Cara Whitham's clinics are always extremely educational. There is so much that can be learned by watching the riders and their horses along with listening to Cara's comments and riding logic. Each clinic offers new insights. I highly recommend attending the next Cara Whitham clinic.

Breeding

Many years ago I had a home-bred stallion's semen collected and frozen. His breeding is out of a Galoubet mare by Gromiko, whose sire was Bundspekt de Lazalle, a Belgium warmblood who was apparently Belgium's leading sire for 10 years. Galoubet is the now-deceased Grand Prix jumper from France who won 21 of his 22 Grand Prix showings and was second in the other one. In 2013 a trial breeding of six Thoroughbred mares produced three very nice foals. Semen is available to interested parties. Contact Sue Otto, em382@ncf.ca.



Perspectives

The view from the judge's booth: A Journey in Judging

My name is Shannon Becvar. I'm 36, and moved my farm and horses to Pembroke in 2013 after a decade in Timmins, leaving behind a small but successful teaching and training program, and bringing me closer to family and access to more opportunities. Last year I obtained my Dressage Canada 'r' Judge's card. For myself, the journey to judge came from looking ahead to a season where I wasn't prepared to compete, but I needed to meet people within my new community and develop my skills.

The process to become a judge is laid out in the Rule Book. I had obtained the competition results required to enter the system, and then needed to spend time sitting with experienced judges as a scribe and also as an auditor, watching and discussing with the judge in addition to the scribe. I needed to obtain permission from the show organizers, as well as from the judges, before the shows. Without any hesitation, everyone I contacted welcomed me into the process. I also attended the Judge's Clinic in Palgrave, and while it was intense to score a test in front of Olympic judge Cara Whitham, it was a wonderful opportunity to network with a room full of people who love to watch dressage all day, just like me.

Learning to judge, like learning to ride, is ongoing. Something new always feels goofy at first, and the only solution is to put in the hours and practice. While judging schooling shows, I worried many times if I was leaving a good impression with competitors who were trying very hard to show their best. At the Judge's Clinic we had an open session where several long-time judges expressed their regrets over situations where they felt they may have made the wrong call.

What a relief to hear 'We've all done it! We're human! Learn from it, move on and keep judging!'

I sat with seven judges last season at five venues in the Ottawa area.

Within the booth, I saw no bias or any negativity towards competitors, ever. I saw eternal hope to be stirred by a great performance, desire to give top marks when possible, and positive guidance carefully written at the bottom of each test. From watching test after test and listening to the process, the mystery of it all melted away and a consistent formula of scoring emerged, a formula built upon experience and discipline.

Every show felt like a clinic, training my eye and teaching me not only how to judge, but also how to become a better trainer, coach and competitor. If you hold any of those roles, or if you have ever considered becoming an official, I strongly encourage you to volunteer some time in the booth this coming season. A seasoned judge is a wealth of knowledge and a very interesting horseman!

Shannon Becvar, Dressage Canada 'r' Judge

EC Level 1 English Coach, Silver Tree Stables, Pembroke ON http://silvertreestables.com

If you have a story, comment, perspective, or viewpoint, please feel free to submit it for the next newsletter! Contact us through communications@ottawadressage.com. Your contribution will be much appreciated.

Reminder: "Horse of a Lifetime" – next issue!

Please remember to send your submissions in by the end of May to <u>communications@ottawadressage.com</u>. I have already received a few, and I know that more of you are planning to submit. I love reading them, and am looking forward to the others. I think you will all enjoy them!



Le coin du vétérinaire :

The snow started melting yesterday and someone in parting saluted "have a good spring." I smiled and started dreaming of summer shows, dusty sand rings, and sporting my annual riding-glove tan. Of course, being a Veterinarian I also had visions of spring vaccinations, dental exams, and working to keep our equine athletes comfortable all summer. Some of the most common questions I answer on a daily basis involve the prevention of, and treating horses with, osteoarthritis. Since I only have a 250 word allotment, I will provide a few brief thoughts to ponder, and trust you will follow up with your Veterinarian with any specific questions.

- At the most basic definition, Osteoarthritis (OA) is the loss of cartilage in the joint, and the process where 1. this loss occurs is known as Degenerative Joint Disease (DJD). Trauma, concussion, and OCD (Osteochondritis Dessicans) lesions are a few of the reasons this process can occur. It is well documented that OA and DJD cause lameness in our equine athletes (it is thought around 60% of all lameness cases are due to OA!), get worse with age, and is not always easy to diagnose.
- While difficult to prove in a scientific setting, it is generally accepted that medical therapy can be used to help prevent the inflammation and cartilage breakdown in the joint, keeping our partners happier and sounder for longer. It is also accepted that non-medical therapies can also help protect joint health. No supplement or injection can replace proper riding time spent warming up and cooling down, low impact consistent exercise gained in turn-out, proper hoof balance and conformation, and riding your horse to a level suitable to his fitness.
- 3. Looking at the medical side of the coin, joint health can be managed in several ways: oral, intra-muscular (IM) or intravenous (IV) administration, or intra-articular (IA); which is right into the joint itself. Other therapies such as shockwave and IRAP are valuable tools which I will leave for a thought blog another day.

Oral: Glucosamine, Chondroitin, MSM, green-lipped muscle, etc. You name it; it has been on a label.

Positives: many of the ingredients labelled on these products have research behind them to show they can positively influence joint health, and they are easy to give every day.

Negatives: These oral joint supplements are called "nutraceuticals." This means they are neither nutrition-based food nor a pharmaceutical. There is no one checking if what is on the label is in the container. No required product breakdown. There is very little proof that what goes into the stomach, is ever found to be in the joint where it is going to help. Expense can really add up quickly too.

So the question is: does it really help? Answer: in some horses it could. While studies vary and are always changing, a modest population of horses seem to benefit from oral supplements.

IM and IV: Adequan, Legend, Cartrophen, and others

Positives: These products have solid proof behind them showing that the product is in the actual joints after being administered. There is also evidence showing that they help improve joint health and improve soundness. I feel confident recommending these therapies to clients if warranted, as I feel it is a low-risk and moderate-impact way of helping to manage joint health.

Negatives: Depending on the product, they can be equal to or more expensive per month than oral supplements. When starting for the first time, a loading dose is often recommended which increases up-front cost of start-up. Your horse needs to get a needle.

Joint Injections (IA therapy): Hyaluronic acid, corticosteroids, etc.

Positives: There are many different available combinations of corticosteroids, hyaluronic acid, and other products that your Veterinarian may feel are appropriate for your horse. When a product is injected into the joint, most veterinarians feel confident in a high impact outcome in that joint. Specific problem areas can be targeted to help make your horse feel his best.

Negatives: Depending on the product chosen, and the fee schedule of your veterinarian, this is likely the most expensive option. It also has more serious potential side effects, which should be discussed with your veterinarian before proceeding. Horses need a few days off and a gradual return to work after injections for them to be most effective, and drug withdrawal times should be followed if competing following injections.

Jacqueline Wignall, DVM BSc.H; Smiths Falls Veterinary Services and Merrickville Veterinary Services "Owned by 5 horses and 1 gorgeous Yellow Lab"



Check at the steward's tent

Ouch! - my toe!

I realize there is no rule in the book to say what type of shoes anyone around horses at a competition must or must not wear but surely common sense should prevail!

It never ceases to amaze me how many of YOU yes YOU — grooms, coaches, riders, owners, parents and spectators including small children (who so often want to get close to the horses) wear thin canvas shoes, sandals or even worse flip flips. I occasionally see bare feet!!! What are you thinking??

A few years ago, one of my colleagues sent a father off to hospital carrying a toe – he was holding a pony when the side of a tent flap moved in the wind, spooking the pony. The outcome was a very sore foot and a very unhappy father. The pony was wearing shoes and that father had a very painful few months. I think he also learned a valuable lesson. Fortunately this competition had very good first aid assistance on site so the correct care was administered.

I have spoken to many of you when I have seen unsuitable footwear being worn and I will say that in ALMOST every case, the problem has been rectified immediately with my reasons being understood.

Sometimes I see volunteers wearing unsuitable footwear and I would suggest that organizers tackle this issue prior to the competition starting.

We all know accidents can happen but PLEASE try and avoid this type of accident happening by using your COMMON SENSE.

Have a great AND SAFE competition season.

Christine Hickman, FEI/DC Steward

News from CADORA Ontario

Hello. These are the latest developments to report in relation to CADORA Ontario:

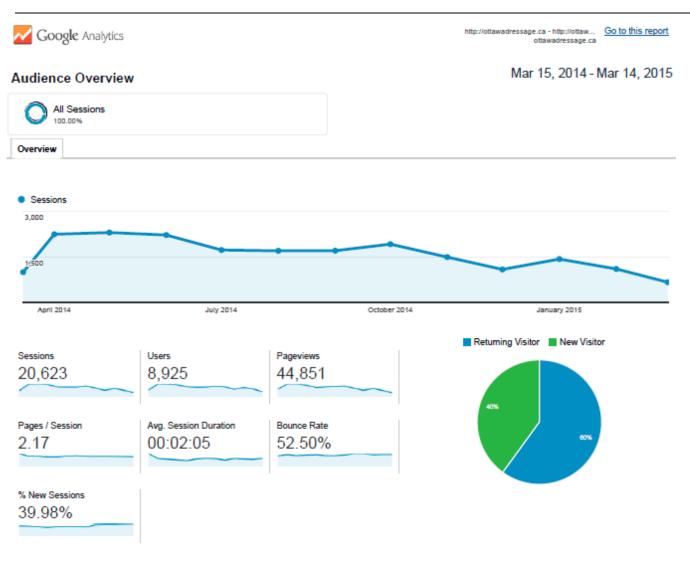
- The annual dues for CADORA Ontario and CADORA National will remain the same.
- A Stephen Clark "Build a Better Dressage Horse" symposium is scheduled to be held at South Lane Farm in Vankleek, Ontario on October 3rd and 4th, 2015.
- The CADORA Eastern Silver Championship will be held at Oakhurst Farm on Saturday, September 12th, 2015.
 - The two judges who will be officiating for that event are Anne Galt (Eastern representative) and Dorita Peer (Western representative).
- The CADORA Annual General Meeting will be held in Guelph, Ontario on Sunday, November 1st at the Mohawk Inn.

Pierre Paquette, CADORA representative for the OADG



Web Analytics! - courtesy of our wonderful and efficient webmaster

The following three pages are some Google analytic reports for the OADG website from March 15, 2014 to March 14, 2015. By country; by city; and user flow.



(Country	Sessions 9	% Sessions
1.	Canada	19,034	92.30%
2.	United States	525	2.55%
3.	Brazil	313	1.52%
4.	Germany	86	0.42%
5.	United Kingdom	77	0.37%
6.	Italy	45	0.22%
7.	(not set)	40	0.19%
8.	India	29	0.14%
9.	Spain	27	0.13%
10.	Russia	22	0.11%





Mar 15, 2014 - Mar 14, 2015





Users Flow



Local show schedule

Please check the OADG website regularly for updates and new information: www.ottawadressage.ca/shows
The show schedule below includes only local shows. For a list of the 2015 Ontario and Quebec shows, go to the OADG website. For a list of all horse shows, go to Equine Canada: http://events.equinecanada.ca/index.aspx

May		June		
Sun May 3	Centaur Gold	June 7	Mountain Star Schooling	
Sun May 9	Oakhurst Schooling	June 13-14	Rainbow Ridge Gold	
Sun May 17	Heroncrest Schooling	June 20	Numech Equestrian Centre Schooling	
Sun May 23	Mountain Star Silver	June 27-28	Dewmont Silver/Gold	
May 28-31	Ottawa Dressage Festival Gold/Platinum			
July		August		
July 5	Rainbow Ridge Gold	Sun Aug 2	Centaur Gold	
July 19	Numech Equestrian Centre Silver	Sat Aug 8	Mountain Star Schooling	
	Centaur Schooling	Sun Aug 9	Graystone Silver	
July 25	Starlit Silver	Aug 15	Oakhurst Silver	
July 26	Heroncrest Schooling	Aug 22-23	Numech Equestrian Centre Silver/Gold	
		Aug 23	Skyline Schooling	
		Aug 29	Starlit Schooling	
September		October		
Sept 6	Meadowvale Schooling	Sun Oct. 18	Centaur Schooling	
Sun Sept 12	Eastern Division of Silver Championships, at Oakhurst			
Sun Sept 20	Preston Rosedale Schooling			

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