From: Karen Abbattista
To: karen@richardswf.com;
Subject: News from Alpha Dressage Association
Date: Thursday, October 08, 2009 2:15:52 PM

Alpha Dressage Association

Alpha Dressage Association Newsletter

October, 2009

Greetings!

The Prez Says...

Hi Everyone,

We had a wonderful meeting at the Sarasota County Mounted Patrol. It is run by Sgt. Chris Laster. Very interesting. I just loved the demonstration and of course the Police Helicopter. Beautiful horses and both riders and horses were very well trained.

Please send in your scores to Diana Clark for our Awards Program. Also, bring a dish to share for the Banquet October 17th. ADA will provide the main dish and all of the drinks.

Our next meeting is at Anna Bergenstrahle's Bodies in Balance studio (928 Tamiami Trail, Osprey 34229). More details on that elsewhere in the newsletter.

We have our show season for next year already planned. I cannot wait!

Many thanks to Karen for taking over the newsletter and for Amie for the great job that she did.

That's all for now - Stay dry and cool!
Betty

Sheriff's Office Mounted Patrol

The Sarasota County Sheriff's Office Mounted Patrol Unit is located on 35 acres in Nokomis. The Unit consists of 9 deputies and 11 horses. Nine of the eleven horses were donated by the public. All of the Unit's horse trailers were acquired from seizures in local drug busts.

The Mounted Unit is used to patrol neighborhoods, parks, beaches, shopping districts, communities, and other complaint areas. The Unit also conducts criminal and missing person searches. When the Mounted Unit patrols, neighborhoods report a 65% reduction in crime.

The Mounted Unit is particularly effective at crowd control, and has been shown to be the least aggressive way to move people. One horse and rider has the crowd control capability of 10 people on the ground. In addition, horses have a natural tear gas immunity.

Mounted officers must undergo 288 hrs of training. There is a 50 hr certification course. They must demonstrate excellent communication skills, be able to shoot while mounted and learn specific arrest techniques. They make all arrests from horseback, and never at any time dismount.

Sept. Schooling Show Results

Introductory Test A
Secret's Arrow/Audrey Rosen 68.5%
GenuineArcticSpring/Deb Herbert 67.5%
Auto Pilot/Ellie Denison 65.5%
Khazmira/Mariel Wrench 65%
Lisider's Top Hat/Chaz Garner 60.5%

USEF Training Level Test 3
Ticket To Ride/Christina Knott 61.2%

USEF Fourth Level Test 3
Romeo DS/Malinda Brown 66.8%
Samir Sandro/Renee Rains 62.4%

USEF Fourth Level Test 3
Manfed/Betty Brown 60%

Introductory Level B
GenuineArcticSpring/Deb Herbert 71%
Dakota/Amanda Lucas 67%
Secret's Arrow/Audrey Rosen 65.5%
Auto Pilot/Ellie Denison 65.5%
Khazmira/Mariel Wrench 65%

USEF Training Level Test 4
Ticket to Ride/Christina Knott 69.2%
Tubb's Choice/Christine Helfrick 67.2%
Buddy/Diana Clark 66.4%

USEF First Level Test 4
Ringo/Karen Abbattista 64.7%

USEF Training Level Test 1
Samaya/Robin Sego 66.1%
Archie/Pricilla Gratton 66.1%
Flying Patriot/Alix Redmonde 65.7%
Khazmira/Mariel Wrench 63.9%
Bailey/Linda Blake 60.9%

USEF Training Level Test 2
Uno/MaryLynn Stanton 73.6%
Samaya/Robin Sego 67.5%
Bailey/Linda Blake 66.1%

First Level Test 1
Tubb's Choice/Christina Helfrick 69.7%
Buddy/Diana Clark 65.7%

Many thanks to Cheval Centre for donating door prizes for all participants!

Next show....November 8th!

If you are interested in volunteering at the Mounted Patrol, contact Sgt. Chris Laster at 915-4771. Volunteers are needed to exercise and groom the horses.

New Legal Precedent for Sellers of Horses

Magnum star Tom Selleck wins court case over 'mis-sold' horse

After a two week trail in a San Dieso courtroom involving the sale and pre-purchase exam of a horse, a California jury found a hunter/jumper trainer, and their seller/client, liable for Fraud in failing to disclose steroid injections and a history of lameness of the purchased horse to the buyer. The plaintiffs were awarded the purchase price of the horse, and costs for subsequent care and treatment, and given punitive damages as a result of the seller and her agents handling the transaction. The plaintiff, a well known actor in California was awarded more than $187,000 for a horse he was reported to have purchased for $120,000 after a jury agreed that he was tricked into buying a lame horse.

This case sets a new legal precedent in that the court applied the same "duty to disclose" known problems that the law imposes on sellers and agents in real estate transactions. Under the rulings of the case, sellers will be charged with any misrepresentations made by their agents to the buyers vet and/or agent as well, if the buyer relied on them. Further sellers must disclose knowledge of any and all veterinary work performed on a horse they own and offer for sale. This case underscores the need for sellers and agents to make full disclosure of known soundness issues in horse sales transactions.

USDF Spectator's Guide

Like any sport, watching dressage is more interesting the more you know about it. Dressage tests used at shows are divided by graduated levels, from the most basic walk/trot to the Grand Prix test that is the same test that is used in the Olympics. The tests are divided into separate movements, and the judge gives a score for each movement. The score sheets are then totaled to determine class results. It will help you understand what is going on if you can get a copy of the test you are watching, plus here are some additional thoughts:

1. Less is More
In dressage, the less you see the rider do, the better, because that means he is communicating with his horse quietly and his horse is attentive -- they are working as a team.

2. Good Figures
Circles are round and lines are straight, a precept true in geometry and dressage. A 20-meter circle should go from one side of the arena to the other, a 10-meter circle only half way across. A horse should not weave on a straight-line movement.

ADA Year End Awards

Submit scores from at least 3 ADA sponsored shows, same horse and rider combination, with scores of 55% and above.

2 scores from FEI levels.

Must be an ADA member, and cannot win the same award more than 2 years in a row for the horse/rider combination.

Submit scores to Diana Clark
dianakenclark@comcast.net

Trick or Treats

Homemade horse cookies
1 cup uncooked oatmeal
1 cup flour
1 cup shredded carrots
1 teaspoon salt
1 tablespoon sugar
2 tablespoons corn oil
1/4 cup water
1/4 cup molasses

Mix ingredients in a bowl in the order listed. Make small balls and place on sprayed cookie sheet. Bake 350 degrees for 15 minutes or until golden brown.

Oatmeal Molasses Cookies
2 cups brown sugar oatmeal (dry)
1/2 cup grated carrot
3 tablespoons molasses
1/2 cup brown sugar

Combine all these ingredients. Add enough water to make into soft dough. Stir well. Put into 365 degree oven until golden brown and crisp.

Yummy Molasses Treats
Molasses
Oats (any kind will do)
Carrots and Apples

Mix together loads of molasses to an almost equal amount of oats, and carrots and/or apples - a yummy treat in seconds!

Horse Humor

Q. How many dressage riders does it take to change a lightbulb?

A. This must not be rushed, this task must be approached slowly, and may take many years. Never EVER use any type of gadget when changing the lightbulb - you could do irrepairable damage!

Q. How many horses does it take to change a lightbulb?

Warmblood: Light bulb? What light bulb?

Any foal: The sun is shining, the day is young, we've

3. Tempo and Rhythm
Rhythm is the repetition of footfalls. A sound dressage horse has only three correct rhythms - a four-beat walk, two-beat trot, three-beat canter. Tempo is the speed of repetition of strides. Every horse should have a consistent tempo throughout the test that is controlled by the rider, a tempo so obvious you could sing a song to it.

4. Naughtiness
Horses, like people, have good days and bad days and days when they are just feeling a little too good. Naughtiness in horses can be exhibited in bucking, rearing, tossing of the head, or even jumping out of the dressage ring.

5. Tension
During a test, the horse needs to remain calm, attentive and supple. If the horse gets tense, he gets rigid through his neck and back, which can exhibit itself in stiff movement, ears that are pinned back and a tail that swishes constantly and doesn't hang arched and quietly swinging.

6. Rider Seat and Position
The rider should sit upright quietly and not be depend on his whip, spurs or voice to have a nice test. Riders who use their voice have points deducted off their test score for that movement.

7. Whipped Cream Lips
When a horse is relaxed in his jaw and poll (the area just behind his ears), he releases saliva, you might see white foam around his lips and mouth. That is a good sign as it means he is attentively chewing on his bit and comfortable in his work. The amount of white foam varies from horse to horse.

8. Horses and Flight
Horses have two main mechanisms for protection from danger: they run and they kick. Remember to always allow plenty of room for the horses at a show and never approach any horse without first alerting the rider that you are doing so.

9. Scary Stuff
Horses have the strangest aversions: plastic grocery bags can remind them of Satan's minions and an opened umbrella can cause bolting to three states over. Again, use caution at horse shows and think before you toss away noisy garbage, open an umbrella or put on and take off plastic rain ponchos or blankets in the stands.

10. SSSSHHHH!
Focus is important during any test, from Training Level to Grand Prix, so remember to be courteous and follow the rules by staying about 15 meters (45 feet) feet back from the competition ring and remaining as quiet as possible during rides. If you have any questions about where you may stand or sit, check with the ring steward.

Member News

Congratulations to Joann Dobbins for qualifying her horse, De Dans, for USDF Regionals at Training Level!

Danny had emergency colic surgery in late spring, and Joann is just now getting back in the saddle with him. Way to go, Joann!

got our whole lives ahead of us and you're inside worrying about a stupid burned-out light bulb?

Thoroughbred: Just one. And he'll rewire the barn while he's at it.

Shetland pony: I can't reach the stupid lamp.

Morgan: Oh, oh, me, me! Pleeease let me change the light bulb!!

Quarter Horse: Let him do it, you can pet me while he's busy.

Trakhener: Light bulb? Light bulb? That thing I just ate was a light bulb?

Holsteiner: How DARE that light bulb burn out!! How DARE you ask me to change it!! OH!! (Flounces off)

Appaloosa: No, don't change it. If it's dark, maybe no one will see me raiding the feed room.

Arab: That's what we pay the help for. I'll just chew on his shirttail while he's at it.

Connemara: We'll just be after havin' a nip of the Bushmill's, we will, and then we'll not be noticin' the light.

Andalusian: Let the maid do it. I need to go roll in the mud.

Clydesdale: Och, and ye'll just be usin' up the 'lectricity, ye' will, better tae use a wee bit of candle... better yet tae not waste either and just gae tae sleep when the sun gaes doon. Electricity is verra dear.

National Show Horse (fidgeting all the while): Lights? Lights? Where? Do you want me to pose? This is my good side...no, wait, let me get my mane straight...no wait, this angle is all wrong. No, wait, maybe this is my good side. Do you want dramatic... or bold...or maybe sensitive...?

Shire: (Yawn) Who cares?

Cob: Wait till I've finished my hay net before you even consider asking me to do anything. Can't you see I'm busy?

Paso Fino: Si, señor. Some coloured ones would be mucho better!

My Leg Goes Where?

(From Dressage Unscrambled by Bill Woods, published by Half Halt Press, copyright 2009)

About thirty years ago, before any of us knew what having a horse "on the aids" was all about, someone first showed me leg yielding. "You just put your inside leg behind the girth," they said, "and you push the haunches over." We couldn't do it very well since the horses were, at best, on passive contact, and we had no concept of "pushing and received aids" or the horse being in lateral balance. At the time it didn't mean all that much to me. We had more important fish to fry - like getting to the cross country course.

Then, in the fall of '72, I witnessed a rather amazing spectacle. Col. Nybleaus of Sweden conducted an FEI Judge's Forum at the American Dressage Institute in Saratoga, NY. Nybleaus was a major proponent of leg yielding, while the ADI was a bastion of Spanish Riding School emigrees, all firmly planted in the non-leg yielding camp. I remember, as a very humble novice dressage rider, sitting in a lecture room as tweedy, nattily dressed older men with European accents pounded their fists on the table, pointed fingers, and shouted back and forth, "Your ideas will be the death of classical dressage!" "No, yours will!" And so on.

The argument ran: why move your leg behind the girth and teach the horse to move over with him looking back the way he's coming from, when later on, the leg in the same position will be the aid for half pass? Isn't this just a contradiction in training that only confuses the horse?

The next day in the arena I was watching an ADI instructor schooling a young horse. It was moving along the track on a shallow angle, forehand to the inside but not bent. "What movement is that?" I asked innocently. "This is shoulder'in," was the reply. "But shouldn't the horse be bent?" I ventured. "Well, of course!" was the answer, "but when we're teaching them, we can't expect them to learn to move sideways and bend at the same time. We do things step by step."

Upon hearing that explanation, I distinctly remember wondering what everybody was so stirred up about the day before.

Several years later, with my eventing career sputtering along and my leg yielding career at a virtual standstill, I had some lessons first with Maj. Hans Wikne (from Sweden) and later Col Aage Sommer (from Denmark) and Col. Bengt Ljungquist (then the USET dressage coach and a former Swedish calvary officer). All three insisted that to execute a leg yielding, one did not bring the inner leg back at all, but rather kept it at the girth.

In subsequent years, as I began to ride with Louise Nathorst (then a young trainer from Sweden working in New England) and with Maj Anders Lindgren (from guess where), the explanations became clear:
To the Scandinavians, leg yielding is not just an obedience exercise to teach moving off the leg. It is also a suppling exercise during which the horse is invited to find his lateral balance. In the moment where he is de-stabilized laterally, he can also be re-balanced longitudinally.

Leg yielding is ridden forward to encourage the horse to step under himself, not just to displace his hips to the side. And, most significantly, it is ridden with almost the same aids as for shoulder-in since it is the center of gravity that is being displace, not just the hindquarters. The legs are placed the same for both movements - inner leg at the girth and outer leg behind - and only the relative proportions of the aids control whether the horse remains straight, bent a little, or bent as much as a classical shoulder-in demands. If the outside shoulder pops and quarters trail, the inner leg is not drawn back. The advice, instead, is to make a half halt, using the outside rein supported by the forward-driving outer leg (still behind the girth) to make the shoulders "wait" so the quarters can catch up.

I have followed this advice for more than twenty years, using the leg yielding, not only for green horses, but to refresh and re-balance more advanced ones in conjunction with other exercises. It just makes sense!

To preview Bill's new book, and for general entertainment, visit

www.woodsdressage.com

Ask the Experts (from Dressage Today Feb 09)

Rounded Shoulders

Question: I have rather rounded shoulders and have trouble sitting straight when on a horse. Whenever I try to straighten my back - raising my rib cage - my lower back hollows. My former ballet instructor liked a slightly hollow back, but my dressage instructor wants it to be flat. Could you give me a few exercises to help me develop better upper-body posture while keeping my lower back in alignment?
Name withheld by request

Anna Bergenstrahle
Rounded shoulders is a common postural alignment issue for riders. Outside of riding, we spend most of our time engaged in activities that tend to foster this body position: mucking stalls, sitting in a car, using the computer or working at a desk. Consequently, the muscles in the front of the body are used more than the ones in the back. Thus, they contract and eventually pull the shoulders and head forward. The body is always concerned with remaining upright against the forces of gravity. If we create a balance disparity between the front and the back of the body, such as excessively rounded shoulders or a forward head position or both, the body will compensate for this misalignment in other parts of the body. Hence, as you have observed, you tend to arch your lower back when you bring your shoulders

back. In humans, the head and torso move as a unit. There is a structural and biomechanical reason the shoulders are rounded. So, merely working on your shoulders will not fix your problem.

Picture this: The head is balanced on top of the spine and held in place by an interplay of muscles, which attach to the clavicle in the front and the spinal column and shoulder blades in the back. Imagine a vertical line passing through your head, shoulders, hips and ankles. If your head, which weighs, on average, 10 pounds, is in front of the vertical, the muscles in the back constantly contract so the head does not fall farther forward. Sooner or later, they get tired of this job and the shoulders start to round forward to alleviate some of the work. In its original design, the spinal column is shaped like a flattened "S" (just like a horse's spinal column): cervical, thoracic and lumbar curves. When the head is properly balanced on top of the shoulders and they are square, the spinal column remains intact. If, however, the head is forward and the shoulders rounded, the entire spine has to "brace" the extra weight pulling down in the front. This constant bracing renders the spine stiff.

To fix rounded shoulders, take a "whole body" approach to re-educate the body as to how the shoulders, shoulder blades and head should line up to accommodate the forces of gravity. Try these exercises to help your body realign and allow you to correct your head position, bring your shoulders back and retain your natural spinal curve.

Shoulder shrugs: Start by standing straight with your feet aligned so the toes point straight ahead. Let your arms hang by your sides. Shrug your shoulders as high as possible and then drop them. Repeat 20 times.

Arm Circles: Remain standing and bring your arms out along your sides, about shoulder height. With both hands, make fists using just your knuckles. Start with your palms down and your thumbs pointing to the front. Squeeze your shoulder blades together as hard as you can, and keep them squeezed during the entire exercise. With your arms straight, perform small arm circles, about the circumference of your shoulder socket, in the direction of your thumbs. Perform 30 circles. Then, turn your hands over so your palms are facing up and your thumbs are facing back. Perform 30 more circles in the direction of your thumbs.

Static Back: Get down on the floor and lie on your back. Place your feet and lower legs on top of a bench or chair so your hips, as well as your knees, have a 90-degree angle. Bring your arms out to the sides, at a 45-degree angle from your body, and let them rest on the floor. Relax your entire body and stay in this position for five minutes, focusing on breathing evenly and deeply. In this position, you should feel your shoulders touch the floor. Don't worry if this does not happen right away. Allow gravity to release your chest muscles over time.

Static Back with Reverse Presses: After five minutes in the "static back" position, bring your arms straight out to the sides (90-degree angle) and fold them at the elbow so that your upper arms are on the floor but your lower arms and hands are pointed up toward the ceiling. You should look as if you are getting ready to do a bench press - minus the weights. Gently press your elbows into the floor. This action should move your shoulder blades closer together and bring the back of your shoulders closer to the ground. Repeat 20 times.

Seated Elbow Curls: Find a wall and sit on the floor so your back, shoulders and head are touching it, keeping your legs straight out in front of you. Point your toes up toward the ceiling and keep your thigh muscles engaged. With both hands, make fists and bring them to your temples so your palms face away from you. Keeping your fists on your temples, move your elbows together in front of your face like wings. Then bring them apart and touch them to the wall. Repeat 20 times.

Perform these exercises every day until your body has re-adjusted and your shoulders are naturally in a better position for riding.

Anna Bergenstrahle holds a Master of Science in Exercise Physiology and is an Egoscue Certified Postural Alignment Specialist. She owns Bodies in Balance studio (where our October meeting is being held). She specializes is postural alignment for riders, helping individuals, and teaching Postural Solution Clinics for riders. Her Website is yourhealthyposture.com

Core Training for the Horse

by Marcia King for thehorse.com

Core training exercises can be done without a warm-up--for example, in horses that are recovering from injury--because the horse controls the amount of motion, and loading of the joints is less than during locomotion. Hilary M. Clayton, BVMS, PhD, MRCVS, Mary Anne McPhail Dressage Chair in Equine Sports Medicine at Michigan State University, says that in athletic horses, however, the optimal time to do core training exercises is after the horse has warmed up or been worked, but prior to cooling out. The horse is untacked except for his halter. You can secure a lead to his halter, if you wish.

Mobilization Exercises

Mobilization exercises round and flex the intervertebral joints. For these exercises you need to position the horse so he's standing balanced and square. In the learning phase position the horse against a wall, back him into a corner, or use a helper to prevent the horse from swinging his haunches away from you. Using bait (a treat), encourage the horse to move his head and neck in a downward or sideways direction. After reaching the desired position, try to hold it for several seconds; you can place your free hand on the horse's head or neck to help maintain the desired position. Repeat each exercise three to five times daily on each side for the lateral bending exercises, allowing the muscles to relax for a few seconds after each attempt.

Lateral Bending Exercise

The following exercise is one of Clayton's favorites for all of her horses. "This lateral stretch exercise recruits many

muscles that round and bend the horse's back," she says. "Also, as the horse increases his end range of motion, he'll actually be able to progressively reach further over time as flexibility improves."

Lateral bending exercise:
1. Stand about three feet from the horse's side, facing forward.
2. Encourage the horse to follow the bait around to the side, moving his chin to a position about 2 feet from the side of his hind leg.
3. Encourage the horse to reach as far as possible in a backward and downward direction to maximize lateral bending. Try to avoid twisting of the neck that causes one ear to be lower than the other.

Core Strength
Core strengthening exercises strengthen and stabilize the spine and pelvic muscles as the horse responds to pressure over specific areas. If you have strong hands, you can apply pressure manually; if not, use a metal thimble over your thumb or finger or apply pressure using a blunt tool, such as the rounded end of a hoof pick. Perform three to five repetitions, allowing the muscles to relax for a few seconds after each exercise. "Some horses, especially those that are girthy or cold-backed, may resent certain procedures," warns Clayton. If resentment persists, omit the exercise until you've consulted with your veterinarian.

The following exercise stimulates lifting of the base of the neck, sternum, and withers through pressure on the ventral midline between the forelimbs. These movements are essential for self carriage.

Sternal, withers, and thoracic lifting exercise:
1. Stand facing the horse's side, just behind the elbow.
2. Apply upward pressure to the sternum (breastbone) in the middle of your horse's chest, between the pectoral muscles. Gradually slide your hand back between the forelimbs and behind the girth line while maintaining a steady upward pressure.
3. The horse responds by initially lifting through the sternum and withers. Then as the pressure moves further back, he responds by lifting in the thoracic area immediately behind the withers, and finally in the thoracic area under the saddle.

Note: the amount of pressure needed to stimulate a response will vary between horses, so start gently and increase pressure gradually, or use a slow stroking action until the horse responds.

Balancing Exercises
Balancing exercises improve balance and stability by inducing the horse to use active muscular contractions to shift the center of gravity toward his haunches and/or to resist displacement of his center of gravity. According to Clayton, a horse uses his muscles in some of the balancing exercises to shift his center of gravity, while in others, he uses his muscles to resist a shift. "Many of the balancing techniques used in horses are similar to those performed in Pilates and yoga training in people," Clayton states.
The next exercise stimulates activation of the pelvic stabilizer muscles to maintain the horse's balance.
Tail pull:
1. Stand to one side of the hindquarters.
2. Take hold of the horse's tail, pull it toward you by flexing your elbow. (The goal is not to pull the horse off balance, but to stimulate resistance in the pelvic stabilizer muscles.) You'll see the muscles around the stifle contracting as the horse resists the pulling force.
3. You can gradually increase the amount of force applied to the tail or the number of repetitions as the muscles get stronger.
Remember to check with your veterinarian before including such exercises into your horse's training regimen; this is especially important if the horse is recovering from an injury.

Upcoming Events

October 3rd & 4th - SWFDA Ride-A Test and Clinic , DaVinci Farms, Fort Myers

October 11th - Clinic with Leslie Zieger, L judge and FEI rider
Clinic is full, but open to auditors. AM rides will be at Betty Brown's (7310 Saddle Creek Trail in Saddle Creek) 11:45 on at Karen Abbattista's (6120 Hupa Rd, Myakka Valley Ranches)

October 13th - ADA Meeting at Anna Bergenstahle's Bodies in Balance Studio (928 Tamiami Trail, Osprey 34229) www.yourhealthyposture.com

October 17th - 18th - Platinum Performance USDF/Region 3 Adult Clinic
"The Quest of the Pyramid" featuring Charlotte Bredahl Baker. Magnolia Farms at Live Oak. RSVP through USDP by Oct. 2nd.

October 17th - ADA Awards Banquet at Betty Brown's (7310 Saddle Creek Trail)

October 22nd-25th - Region 3 Dressage Championships, Wellington.
Want to join us for a road trip? Contact Betty Brown at 925-1575 for details.

November 8th - ADA Schooling Show at Cheval Centre.

We are also working on scheduling a Cross-training Clinic (dressage horses can and do jump), a Postural Solution Clinic, and another clinic with Leslie. More details on those events as they unfold!

Classifieds

New this month:

Want to keep riding your horse is ready for winter? Show and body clipping available - A CUT ABOVE - Jeanne Cathrae 941-350-2709

Sittin' Pretty Horses: professional horse and farm siiting; excellent vet and client references. Amie Di Piazza 941-356-3713

Order in Time for the Holidays! Custom Equine Portraits on Canvas Purses, Clip Boards, Jean Jackets, etc. Provide a quality photo (s) and you can give a portrait of an equine friend painted on canvas, shirts, jackets, purses, clipboards, etc...you decide!
Professional artist, professional results, one of a kind gift and affordable! Prices start at $40.00 for a canvas tote!
Contact Deborah Herbert 941-302-7631

Tack

Custom western saddle for sale. It was made by Frecker Saddlery and is only 8 months old. It's a Modified Assoc. with a 15.5 seat a 90 deg tree with the bars spread to 93 deg. It has Monel stirrups and is in new condition. It also had the matching martingale breast collar. It has been kept in an air conditioned tack room ever since I got it. Asking price is $4200. For more information, pictures, or to demo, I can be reached at 904--534-3090 Stephanie

Horses

Free to good home! Hawk's Flight Farm must find homes for some of their yearling geldings. This horses will be given to approved homes. These are high quality prize Arabians. For more information, contact Karin McMurtrie at 941-685-3007 or email hawksflightfarm@aolc.om

Trailers

Four horse Trail-et 1999 gooseneck. Full matts, drop windows, everything you could want in a trailer. Contact Deborah at debmagicmare@aol.com or 941-224-3220

To post a classified listing in the newsletter or on the website, email Karen at karen@richardsw.com
Ads will run for 3 months, unless other arrangements are made.

Sincerely,

Alpha Dressage Association

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