

Extensions March 2020

VADA Charlottesville

It looks like Spring is on the way! We are still looking for more volunteers for the Carter Bass clinic April 25 at Afton Stables. Maddie is still looking for a ring steward ,parking directors and riders for 4th level and PSG. If you can fill any of those positions, PLEASE contact Maddie at maddie@aftonstables.com. As we approach Spring and show season remember to complete your SafeSport training. Please send anything you wish to have in the newsletter by the 25 of each month.

Our next meeting is at Tip Top Restaurant in Charlottesville March 23 at 7 p.m.

The Charlottesville Chapter of the Virginia Dressage Association
present

UP THROUGH THE LEVELS

with
CARTER BASS



How to improve your scores – a judges perspective

Saturday April 25th 2020

hosted by Afton Stables

Join us at Afton Stables for a fun day of Dressage, the Olympic sport which focuses on classical riding. We have amateur and professional riders with horses at all levels learning how to improve their scores guided by licensed 'S' rated judge, Carter Bass.

Audit fee of \$15.00 per person – all proceeds benefit VADA of Charlottesville, Inc., waived for VADA-CH members



9.00 AM to 12.30 PM

National Classes

Training, 1,2,3,4

12.30 PM Lunch

Box lunch pre-orders contact
shaleena.nicole123@gmail.com

1.30 PM to 4.00 PM

FEI Classes

PSG, I1 and Grand Prix

End of Day Q&A

If you would like to ride in this clinic, please email
Maddie@aftonstables.com for more details.



**AFTON
STABLES**

7451 Dick Woods Road, Afton VA 22920

Phone: 202-770-5697

www.aftonstables.com

<https://bit.ly/AftonStable>

Approval of January 2020 Minutes

- Sherri made the motion to approve, Becca seconded, no objections.

Treasury report \$25,404.70

Most checks have been cleared including award ribbons.

Embroidery on chairs will be \$100

- Tina made the motion to approve, Sherri seconded, no objections.

Membership currently 42, 6 people head of last year.

Clinic at Afton Stables

Saturday April 25th

Not riding each test from every level

Two riders in each lesson

Similar to a fix a text format

We need to send an email asking for volunteers and riders as well as one with a flyer for the event.

Shaleena is getting a helper, yay!

Refer to the google doc for all information

Licensed show - it's in May

Tina and Nancey Lowey had a meeting about the show earlier this month.

There will be an increase in the office and stabling fees to offset the rise in labor costs to set up the rings.

We need to work on class sponsors. All judges and the TD will be in driving distance. Penny is doing the volunteers. The show is Memorial Day weekend May 23rd and 24th. Catherin is doing prizes, Molly for stabling.

November (?) Schooling show?

Becca needs dates, we need at least a L grad judge and a need a prize list. Molly is willing to help. We need to set up a conference call about this.

Chapter Challenge is at Mane Event Stables, August 15th and Shaleena is going to sit on the Chapter Challenge committee as our chapters representative.

Newsletter

Just not getting enough info to people across all chapters.

Sherri is going to send the calendar for other chapters to use.

We are going to not cut the list for emails till after our licensed show.

Annual Awards Luncheon

This Sunday 2/23 at 11 AM, Pippin Hill Winery

12 people have RSVP'd

Ribbons are in

Next newsletter will awards winners in it.

Next meeting March 23rd at 7pm at Tip Top.

The Wave of the Future - A Personal Take on Magna Wave Therapy by Kim Aust

A few years ago I was being productive at work by watching youtube, when I came across a video of an eventer I know who was getting “body work” done on her advanced horse. It didn't look like any therapy I had ever seen before, since the therapist was waving what looked like a flexible white hula hoop over the horse's shoulders and back. When she was done they wrapped the hula hoop around the human's shoulders too. “Crazy eventers,” I thought.

At the BLMs in Lexington this year, I walked through the barns and was a little surprised not to see any Theraplate machines in the aisles (I usually feel sorry for the grooms that have to lug those things around and set them up). What I did see, though, were some people with those white hula hoops, working on horses. There was a display set up in the stadium for Magna Wave PEMF therapy, labeled Magna Wave - the Wave of the Future. I vaguely remembered that the hula hoop therapy was called Magna Wave.

My own horse was having some back problems last winter and strangely right about the same time I ran into Carmen Hassenmayer, who told me that she and her mom Suzette Bodnar had gone into the Magna Wave therapy business. Magna Wave is “a pulsed electro-magnetic frequency delivered through a coil [hula hoop] placed on the body,” according to the literature put out by Magna Wave PEMF. Magnet blankets have been around for a while and I have one in my tack truck, but Carmen said this worked at a much deeper level, and she was offering a free treatment, so I told her to go ahead.

Magna Wave PEMF claims to improve oxygenation and absorption of nutrients in cells, which results in reduced inflammation and pain. It is supposed to fix all kinds of problems, from stiffness to improved wound recovery. Supposedly the pulsing allows more flow of oxygen coming in and toxins going out at the cellular level. There are additional claims of increased energy and even improved blood pressure.

My horse is pretty laid back anyway (if you know me you know the Spanish boy of whom I speak), but it didn't take long for him to realize that this thing felt gooooooood and he leaned back against the wall of the grooming stall and closed his eyes. The wacky thing was that when Carmen put the loop on his hip, the skin noticeably twitched. “That reaction is an indication in that area,” she said. “Some horses have much more reaction than that.” Anyway Carmen finished her treatment (it took about an hour) and Troy seemed pretty happy and loose when I rode him, kind of like he'd had a really good massage. His left lead canter was still stiff, though. Carmen warned me that it took multiple sessions to get the full effect, but stubborn me didn't sign up for a course of treatments.

Over the past several months Carmen and Suzette have been treating several horses (and yes, humans) that I know. They call their company Feel the Love Equine Therapy, which is the perfect name for this business. Last week I was visiting a friend whose 30 year old draft cross is one of their clients. When Suzette walked into the barn the patient perked up his ears and waited expectantly at the stall door. This horse had foot problems which had gotten so bad that he was unwilling to come out of the stall to stand in the concrete aisle for the blacksmith. Now he walks right out, and the blacksmith comments that he is much easier to trim. Of course, the blacksmith himself is a believer because I have seen him getting a little hula hoop treatment too, on his hammering arm.

I know of a client who retired dressage horse has poll evil, a condition where an inflamed ligament causes a swelling behind the horse's ears. According to the owner, the swelling is pretty much gone after a few months of treatment. Also, Carmen treats a human who has an advanced case of Parkinson's disease, who says he feels better after the treatments. His caregiver says that he certainly seems calmer.

And, another friend has an FEI dressage horse who she was going to retire, again because of foot problems. But after some weeks of treatments, she was able to compete him again. I watched him go at Culpeper in June, and he looked absolutely sound.

In all of these cases, the treatments have been ongoing. Suzette likens the treatments to acupuncture - when she treats a horse, she works from head to tail, hitting all of the accupressure points. "You have to get things flowing in the right direction," she says. "It's like Yin and Yang. The back is Yin and the belly is Yang." Then she goes back to the areas which need more attention.

In my own experience, I went the skeptic's route, and my horse's problems continued. When I asked my vet about Magna Wave, he said, "there's no science to support it" (more on this below), but he couldn't find what was causing that stiff canter either. Eventually I got lucky and someone recommended an osteopath who diagnosed the problem as a locked SI joint, and it took a whole summer of stretching and yes, Magna Wave, to get back to a canter I can actually sit on. I am keeping the horse on regular Magna Wave treatments just in case. The day after he got a flu shot, he was twitching all over during the treatment. It usually takes him three days of Bute to recover, but the following day his temperature was normal and my ride was pretty normal as well. In addition, I find it to be particularly helpful as a diagnostic tool - if something's twitching, I try to figure out why.

Finally, Suzette talked me into letting her work a little magic on my own damaged shoulder (probable rotator cuff injury). I couldn't really feel anything - maybe a little awareness going down my arm, but not really anything tangible. After ten minutes she asked me to move my arm in a way that I normally can't move it, and it did seem like I had an increased range of motion. That seems to last for two or three days, then it went back to the usual throbbing.

I realize I am offering anecdotal evidence here, and that it's hard to say how much Magna Wave really works. When I searched online, the PEMF website didn't offer much in the way of research to back up their carefully worded claims (well, they did mention one U.S. Army study about improved cellular sodium and potassium exchange serving to relieve pain). But Suzette pointed me to PEMFprofessionals.com, which has a long list of studies¹ on everything from Alzheimer's to tinnitus and more, including "The biological effects of a pulsed electrostatic field with specific reference to hair," in which "29 of the 30 treatment subjects (96.7%) exhibited regrowth or no further hair loss."² Finally, a treatment for male pattern baldness that has no side effects!

I can imagine that for humans, there might be some placebo effect from having a nice relaxing magnetic massage every week. But when horses go from not being able to perform or even walk on concrete to moving without pain, that's a different story. They clearly feel better, and horses don't lie. My conclusion is that we should ALL get ourselves a Magna Wave machine.

If you want to try Magna Wave, contact Suzette or Carmen at Feel the Love Equine Therapy, (434) 566-9866.

¹ <https://pemfprofessionals.com/research/>. Warning - in many of these studies they do unpleasant things to rats.

² <https://www.ncbi.nlm.nih.gov/pubmed/2397975>

Virginia Dressage Association, Charlottesville Chapter

MEMBERSHIP FORM

Membership runs from December 1 through November 30

VADA is a USDF Group Membership Organization and all members are automatically USDF Group Members

SIGNUP BEFORE JANUARY 1st AND RECEIVE A \$5 DISCOUNT ON A JUNIOR OR SENIOR MEMBERSHIP

Please complete this form and mail it with a check payable to VADACH to: Sherri Booye, 721 Lake Road, Troy, VA 22974

MEMBER INFORMATION	Name: _____	SELECT A MEMBERSHIP	TYPE	DESCRIPTION	EACH	FEE	TOTAL FEE...
	Address: _____		Senior (Over 18)			\$55	_____
	City: _____		Junior (18 and Younger)	Date of Birth: _____		\$50	_____
	State, Zip: _____		Family (2 Members)			\$65	_____
	Cell Phone: _____		Family (3 Members)			\$85	_____
	Home Phone: _____		Family (Each Additional Family Member)	_____ x \$31			_____
	E-Mail Address: _____		(Family can include a farm's working student)				
	Work Phone: _____		Group 1 st Group Member			\$55	_____
	Membership Type (check one):		Each Additional Member	_____ x \$31			_____
	_____ Renewal _____ New		(5 or more- Schools, 4-H, Pony Club, etc.)				
	Affiliate Primary Chapter:	_____		\$20	_____		
	(A person who belongs to another chapter and wishes to be affiliated with VADA-CH)						
	Early Bird Discount			Subtract \$ 5 --	_____		
	(Senior or Junior Membership paid before January 1, 2020.)						
				Total Payment \$	_____		

I join VADA-CH in their activities and programs totally at my own risk. I understand that neither VADA, its chapters, nor individual Board Members (of the chapter or VADA) accept responsibility for accidents, damage, injury, or illness to horses, riders, owners, spectators, or any persons or property. **REMEMBER TO SIGN AND GIVE US YOUR USDF NUMBER BELOW!**

SIGNATURES AND ADDITIONAL NAMES: Please indicate birthdates of juniors and provide USDF No(s) *required by USDF*.

SIGNATURES	Print Name:	Junior's DOB:	USDF No:	Signature:
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

VOLUNTEER

Volunteer Information: Please indicate your areas of interest.

_____ Show Manager	_____ Show Program	_____ Clinics
_____ Show Secretary	_____ Show Runner	_____ Newsletter
_____ Show Scribe	_____ Awards	_____ Board Member/Officer
_____ Show Scoring	_____ Other: Please describe _____	

PLEASE BE SURE TO PROVIDE ALL INFORMATION SO WE CAN GIVE ACCURATE DATA TO USDF

CALENDAR OF EVENTS

December

1st Mitchell Dressage Series - schooling show at Vintage Valley Sport Horses in Catlett, VA www.mitchellds.com

7th Spencer Schooling series in Hume Va Spencer Sport Horse Va on facebook

January 2020

11th Spencer Schooling series in Hume Va Spencer Sport Horse Va on facebook

12th Mitchell Dressage Series - schooling at Vintage Valley sport Horses in Catlett, VA www.mitchellds.com

February

8th Spencer Schooling series in Hume Va Spencer Sport Horse Va on facebook

9th Mitchell Dressage Series - schooling at Vintage Valley sport Horses in Catlett, VA www.mitchellds.com

March

8th Mitchell Dressage Series - schooling at Vintage Valley sport Horses in Catlett, VA www.mitchellds.com

14th Spencer Schooling series in Hume Va Spencer Sport Horse Va on facebook

28-29th March Magic Licensed Shows I & II, Williamston, NC www.sportingservices.net

ADVERTISING RATES

Full page \$15/issue \$150/year
½ page \$10/issue or \$100/year
¼ page \$7.50/issue or \$75/year
Business card \$5/issue \$50/year
Classified \$5/issue \$50/year

Business card and classified ads are free for current members. Please email ads to Becca at rpiamohf@aol.com before the 25th of each month. Checks are payable to VADA -Ch and should be mailed to Sherri Booye 721 Lake Rd. Troy, VA 22974

No ads will be run without payment being received



Classified

**17' Crosby Wembley II short billets brown \$200 or BO
17" Amerigo Vega black medium tree Very good condition
\$1750
Becca 540-537-1203**



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