Every member of VADA-CH is a member of the VADA, Inc and is a Group Member of the USDF. What can we do for you?

VADA-CH 2020 Board of Directors

President: Melyn Worth
Vice President: Bettina Longaker
Secretary: Shaleena Arreguin
Treasurer: Sherri Booye
Awards Chair: Molly Armentrout
Newsletter: Becca Pizmoh and Nancy Doody
Membership: Sherri Booye

VADA Representatives

Bettina Longaker
Sherri Booye
Eleszabeth McNeel

Show Management

Secretary: Bettina Longaker
Manager: Nancy Lowey
Volunteer Chair: Penny Hawes

Message from the President

I have been very remiss these last few months and have not submitted a President's Letter! SO apologies for the belated appearance but here one is!

We are living in strange times, 2020 started out okay and rapidly got VERY interesting. The problem now is, of course, that we will have to adapt our ways to this new situation. Fortunately for us, our sport allows us to be outdoors in the fresh air, and by the nature of horses, we have to practice social distancing plus, if only for the safety of our horses. We need to think of ways that we can run shows, both licensed and schooling, and by practicing social distancing while off the horse.

Judge and scribe are one example, they will have to sit 6 feet apart, but I am pretty sure that with the use of a Cee-Coach headset they can still communicate. The barns are another area we need to look into gaps between competitors, everyone in a mask when unmounted, these are things we have to consider if we want to compete.

Clinics are still going on, no need for the instructor to get any closer than 6 ft. usually they are an arenas width away, which is more like 60 ft.

But we will have become creative and adaptive if we want to run shows.

Other activities around horses can go on, but not with huge crowds, not much of a problem for our local shows, but for the big mainline events, it is going to be a problem.

It behooves us all to a) take this disease seriously, and B) follow the recommendations. So, Thinking caps on folks.

Otherwise, this has been a lovely spring, the grass is growing, boy isn’t it growing, the trees have leaves coming, life goes on, but not the same, and it never will be the same again.

I hope you are all enjoying riding your horses. This is a great chance to work on schooling issues and maybe move up a level!

Yours truly,
Melyn
Are You Looking to Volunteer?

Each chapter member must complete 4 hours of volunteer service (or equivalent) for the Chapter in order to be eligible for the Chapter’s year-end awards.

Ways to Volunteer:
1. Provide actual work 1 vol. for each hour worked (e.g., shows, clinics, events, etc.) each hour worked
2. Provide a sponsorship of at least $100 to the Chapter equals 4 vol. hours
3. Provide a perpetual trophy to the Chapter equals 4 vol. hours
4. Provide a facility for a Chapter function equals 8 vol. hours (e.g., show, clinic, event)
5. Provide judging and/or instruction for Chapter function equals 8 vol. hours
6. Organize educational program and/or clinic for Chapter equals 8 vol. hours
7. Attend 4 Chapter board meetings in a year equals 4 vol. hours
8. Write and submit 2 articles accepted for publication in the newsletter equals 4 vol. hours

Note that the same volunteer hours used to meet the Charlottesville Chapter Awards or Scholarship requirements cannot be used to meet the VADA-State volunteer requirements nor the for the VADA-CH scholarship awards.

Volunteer hours earned by one chapter member may be donated to another chapter member for purposes of eligibility for year-end awards. Volunteer hours cannot be donated for scholarship eligibility.

If you feel you can provide a service of volunteer value to the Chapter that is not covered above, please submit a written request to the Chapter’s Board for consideration. It is your responsibility to fill out the Volunteer Hours Form and return it to the Awards Chair Person. All forms must be submitted and received no later than December 1 of any year.

Interested in volunteering, contact Penny at Penny@Thehorsewriter.com.

Gearing up for the show season...

Yoga for Equestrians

Yoga for Equestrians: A New Path for Achieving Union with the Horse Paperback

Equestrians everywhere will benefit from these unique yoga exercises specially designed for the rider. Learn how to enhance your riding skills through awareness exercises, visualizations, and meditations and improve your strength, flexibility, and balance through mounted and unmounted yoga routines:

YouTube Videos Yoga Workout – Dressage Rider Training

- Beginners Yoga for Dressage Riders: 1 Open Your Hips and Release Your Back
- Yoga for Dressage Riders - Improve Posture and Symmetry So You Feel More Balanced in the Saddle
- Yoga for Dressage Riders - Routine to Improve Your Mobility Before You Ride
- Power Yoga for Dressage Riders: Flexibility and Flow
Safe Sport
We all have a role to play to ensure our members — especially our young ones — are safe.

SafeSport training is required for USEF members (18 years of age or older) and is essential in creating a safer environment for our competitors. Regardless of whether your engagement with equestrian sport brings you into everyday contact with young participants or not, SafeSport training is required. SafeSport training gives all of us the knowledge to be part of the solution to keep our young people and our sport safe. The online SafeSport course lasts approximately 90 minutes and only needs to be completed once. Thirty-minute refresher courses must be completed annually thereafter. Go to the www USEF.org website.
VADA - Charlottesville

MAY 2020

VADA - C C  M e e t i n g  M i n u t e s
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Meeting Called at 7:00 p.m.

Approval of Minutes
- Minutes were read, moved, seconded, and approved.

Treasury Report
- Current Balance $25,311.67
- The report moved, seconded, and approved.

Membership
- 50 VADA-CH members as of 4 May 2020.

Shows
- Our licensed show scheduled in May 2020 has been canceled due to COVID. The 2021 date is May 29th and 30th, Memorial Day weekend.
- A group consensus, for now, not host a virtual horse show.
- A 2020 schooling show is under consideration depending on many factors.

2020 Clinics and Shows
- Our clinic was canceled.
- The VADA State clinic will be discussed on the May 6th call.
- Dressage at Lexington (DAL) will also be discussed on the May 6th call.

Other Business
- The VADA State call is May 6th at 8 pm call in (605) 468-8002 code 368091#

Next Meeting
- Next meeting June 15th, 2020 at 7 pm call in (605) 468-8002 code 368091#

Rider’s Corner

Organizers do want to get the shows going, but it will be under vastly different circumstances from the last time you competed.

First, they will have to try to make sure that you, the competitor is safe. This includes stabling, warm-up arenas, check-in and test pick up to name a few. You, the competitor will have to be an active participant it this, especially in the stables, and whenever you are around other people. Be prepared to have to wear a face mask and keep social distancing outside of your “group”. It is possible that the facility and/or show organizer will require you the competitor to sign a release, stating you are COVID-19 free.

Then competition management has to try to provide a safe environment for your judges and scribes in the judges’ box, runners, scorers, and many other volunteers and staff.

Many questions have to be asked of all involved: do you want to stay in that motel; will the judges be willing to fly on that airplane – twice; how about eating, will their restaurants be open and will you use them. Also, all the volunteers and staff must agree to work in a very different and uncertain environment.

Bettina G. Longaker
Scripts &amp; Rides, LLC
www.BGLongaker.com

USDF Region 1 Director
U.S. Dressage Finals Secretary
CBLM President/Qualifying Secretary
A little poem...

The Horse is not here
to reward your ego
to compete with you
to punish you
The Horse responds to
who you are
how you feel
what you think
what you do

The Horse is here
to enable you to learn
how to be a better You
- and that is a blessing

Joanne Verikios