



# Ottawa Area Dressage Group

[www.ottawadressage.ca](http://www.ottawadressage.ca)

## Newsletter



OADG is a chapter of CADORA Inc.

OADG is a Dressage Canada affiliated riding club.

### *Autumn 2016*

Sometimes "life gets in the way"... my plans for showing got cut a little short this summer... but I won't complain too much because I didn't have to ride in the heat... in a jacket!... Certainly the heat didn't stop everyone, we had a fabulous summer of shows put on by excellent organizers. Congratulations to everyone who got out there, and everyone who used the summer to train and improve, and everyone who simply enjoyed their horses!

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### *Message from the President*

One complete year has gone by for me as President of the OADG! I wish to thank the Board for their confidence in me and for the hard work they put in to each of their roles -- makes my job so easy.

Our membership numbers are up this year, which I feel reflects a trend for ever increasing enthusiasm for dressage in our local area. We are already looking into 2017 and another full year of shows and activities to keep everyone busy. It being Canada 150 it should be a bang-up time in our region.

But let's not get ahead of ourselves!! The most fun event ever is coming this November 26 -- the OADG Annual Awards Banquet. So get your tickets soon. We have a nice new venue this year and I am excited to see everyone there.

Bye for now...

**Catherine Maguire, OADG President**



## **Many Thanks to our Wonderful Sponsors**

**For the 2016 CADORA Ontario Silver Dressage Championships East  
Hosted on September 11, 2016 by the team at Oakhurst Farm!**

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**CADORA Ontario**, [www.cadora.ca](http://www.cadora.ca) ; Don Barnes, President

**Twin Pines Equestrian Centre**, Christine Windover and Frank Duguay, [www.twinpines.ca](http://www.twinpines.ca) ; 613-821-0234

**Oakhurst Farm**, [www.oakhurstfarm.ca](http://www.oakhurstfarm.ca) ; Joan Allum and Mark and Ruth Nelson

**Encore Equestrian Tack and Apparel**, [www.encoreequestrian.com](http://www.encoreequestrian.com), 613-269-Tack (8225)

**Mrs. Barbara O'Grady**, Addison, Ontario

**StoneMeadows Inc.**, Robin and Jon Brent, [www.stonemeadowstable.com](http://www.stonemeadowstable.com) ;613-295-9147

**Greenhawk Harness & Equestrian Supplies**, [www.greenhawk.net](http://www.greenhawk.net) ;1-800-268-0484;  
Slack Rd. location 613-225-9900

**Ottawa Area Dressage Group**, [www.ottawadressage.ca](http://www.ottawadressage.ca) ; Catherine Maguire, President

**Schleese Saddlery Service Ltd.**, [www.schleese.com](http://www.schleese.com) ;1-800-225-2242

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**Henry Equestrian Insurance Brokers Ltd.**, [www.hep.ca](http://www.hep.ca) ;1-800-36-36-HEP

**Maple Lane Equestrian Trailers – Bockmann Canada**, Marsha Houlahan, 1-866-235-3401

**Cheryl Denault**, Executive Consultant, RODAN & FIELDS, 613-6685977

**Kate's Kreations**, Kate Sim, Oxford Mills; 613-285-4318

**Graystone Equestrian Centre**, Kerstin Blaeske and Ken Laframboise, [kblaeske@sympatico.ca](mailto:kblaeske@sympatico.ca); 613-256-7887

**Apple Saddlery**, 1875 Innes Rd., [www.applesaddlery.com](http://www.applesaddlery.com) ; 613-744-4040



### *The end-of-season update on Awards.....*

The qualifying scores are posted to the website <http://www.ottawadressage.ca/awards/>.

There is one spreadsheet per circuit which includes all local and qualifying external scores reported. The Team Challenge scores can also be found there. The 2016 Award Winners are also posted. Congratulations to EVERYONE who competed.

Those of you expecting CADORA Silver Awards can check your results at <http://ontario.cadora.ca/dressage-silver-circuit/>. An OADG representative will be attending the CADORA AGM, and can bring the trophies and plaques back to Ottawa!

**Caroline Peck, Awards Director**

## **New Location for the Awards Banquet!!!**

Please note that the Awards Banquet is being held at a **NEW LOCATION** this year:

Tudor Hall  
3750 North Bowesville Road (near Riverside and Uplands)  
Ottawa, Ontario  
K1V 1B8

Join us at 5:30pm for social hour and cocktails (cash bar), dinner at 6:30pm.

## **A Horse's View of the World**

(reprinted from the Eastern Ontario Horses of Course newsletter)

<b>Arena:</b>	Place where humans can take the fun out of forward motion.
<b>Bit:</b>	Means by which a rider's every motion is transmitted to the sensitive tissues of the mouth.
<b>Bucking:</b>	Counterirritant.
<b>Crossties:</b>	Gymnastic apparatus.
<b>Dressage:</b>	Process by which some riders can eventually be taught to respect the bit.
<b>Fence:</b>	Barrier that protects good grazing.
<b>Grain:</b>	Sole virtue of domestication.
<b>Hitching rail:</b>	Means by which to test one's strength.
<b>Horse trailer:</b>	Mobile cave bear den.
<b>Hotwalker:</b>	The lesser of two evils.
<b>Jump:</b>	An opportunity for self-expression.
<b>Latch:</b>	A type of puzzle.
<b>Longeing:</b>	Procedure for keeping a prospective rider at bay.
<b>Owner:</b>	Human assigned responsibility for one's feeding.
<b>Rider:</b>	Owner overstepping its bounds.
<b>Farrier:</b>	Disposable surrogate owner, useful for acting out aggression without compromising food supply.
<b>Trainer:</b>	Owner with mob connections.
<b>Veterinarian:</b>	Flightless albino vulture.

Are you looking for fun things to do with your horse? Do you want to participate in a variety of hands-on, educational activities? Then the Eastern Ontario Horses of Course Club is the group for you! <http://www.vkirkwood.ca/eohc.htm> and find us on Facebook, too.



## OTTAWA AREA DRESSAGE GROUP ANNUAL AWARDS BANQUET

**When:** Saturday November 26, 2016

Cocktails: 5:30 p.m. (cash bar)

Dinner: 6:30 p.m. (cash bar)

**Where:** Tudor Hall

3750 North Bowesville Road, (near Riverside and Uplands),  
Ottawa, Ontario K1V 1B8

**Tickets:** \$45 (adult) and \$25 (children 10 and under)

Drinks are not included in ticket price. Cash bar is available at the event.

Payable by cash / cheque / E-Transfer; Make cheques payable to OADG

OADG c/o Heather Kelly,  
2013 Saunderson Dr.,  
Ottawa, ON K1G 2E3

OR E-transfer please contact Heather Kelly ([banquet@ottawadressage.ca](mailto:banquet@ottawadressage.ca)) or  
613-795-7997 to make arrangement

Please note: **TICKETS MUST BE PURCHASED NO LATER THAN NOV. 15, 2016**



Click [here](#) for map

If you have special needs (food allergies or handicap accessibility)  
please contact the banquet director to discuss requirements.



# OTTAWA AREA DRESSAGE GROUP

**OADG AWARDS BANQUET**  
**Saturday, November 26, 2015**

## TICKET ORDER FORM

All tickets must be ordered and payment received by one of the OADG Directors by the end of the day on  
**TUESDAY, NOVEMBER 15, 2016.**

All tickets will be available for pick-up at the door only. Tickets will not be mailed.

Tickets will not be available for purchase after **TUESDAY, NOVEMBER 15, 2016.**

For more information or if you have special needs (food allergies or handicap accessibility), please contact the Banquet Director to discuss your requirements.

Heather Kelly (Banquet Director)  
613-795-7997 -- [banquet@ottawadressage.ca](mailto:banquet@ottawadressage.ca)

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ BUSINESS PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

	Price per ticket	Number of tickets	Total cost
Adult tickets	\$45.00		
Children tickets (10 and under)	\$25.00		
Total cost	*****	*****	

(Drinks are not included in ticket price. Cash bar is available at the event)

Table reservation name: \_\_\_\_\_

(Only **ONE** member of your party should reserve a table with the form on the reverse, all others only need to register the table name on this form).

Send ticket order form and cheque made payable to O.A.D.G. to:

OADG Banquet  
c/o Heather Kelly  
2013 Saunderson Drive  
Ottawa, ON K1G 2E3

(hand-deliver to one of the OADG Directors by November 15, 2016)  
OR NEW \*\*\*MAKE PAYMENT BY E-TRANSFER – Contact Heather Kelly at  
[banquet@ottawadressage.ca](mailto:banquet@ottawadressage.ca)



# OTTAWA AREA DRESSAGE GROUP

**OADG AWARDS BANQUET**  
**Saturday, November 26, 2016**

## TABLE RESERVATION FORM

Note that **ONLY ONE** person in your party needs to register a table. All other people in your party should indicate on the ticket order form which table they wish to be seated at.

A table reservation does not guarantee tickets. Tickets must be purchased separately in advance. (See ticket order form for purchasing deadline).

There are eight (8) people to each table. Ten (10) can be accommodated by special request, please send an email to: [banquet@ottawadressage.ca](mailto:banquet@ottawadressage.ca)

Table reservation name #1: (stable/person):
1:
2:
3:
4:
5:
6:
7:
8:

Table reservation name #2: (stable/person):
1:
2:
3:
4:
5:
6:
7:
8:

Send table reservation form to:

OADG Banquet  
c/o Heather Kelly  
2013 Saunderson Drive  
Ottawa, ON K1G 2E3

## **OADG Members at the North American Junior and Young Riders Championships**

Two OADG members competed at the 2016 North American Junior and Young Riders (NAJYR) Championships in Colorado; here are their stories!

### ***Nicole Babich-Morin (Young Riders, Québec team)***

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This year the North American Junior Young Rider Championships were held at the Colorado Horse Park in Parker Colorado. For the past several years the Championships have been held at the Kentucky Horse Park, which I was fortunate enough to attend twice as a junior and last year as a young rider with the Ontario team. This year I was a member of the Québec team with a new mount, Deniros Tyme.

As Colorado is at a much higher altitude, the horses shipped out a week prior to the start of the championships. For eight days we were stabled at a beautiful stable ten minutes from the horse park where we got a chance to get used to riding in the extremely dry heat and the horses were able to recuperate from their 36-hour trailer ride. As it was too hot to have the horses out in the afternoon we would typically ride and walk them in the morning and then walk them again in the evening which gave us a couple of hours each day to explore Colorado. We were able to visit Flagstaff Mountain in Boulder, the Garden of the Gods and a canyon near the horse park.

The actual horse show took place from July 26th to the 31st. The morning of the 26<sup>th</sup>, the horses moved from the stable to the horse park. All of the horses were stabled in the same area. The horse park was divided in a way that there was a separate section of rings for the dressage, eventing and jumping.

After decorating our stalls in Canadian flags we prepared for the jog. Luckily all of the Canadian horses were accepted

without any problems. We then had the opportunity to ride one team at a time around the competition ring. We rode the team test Wednesday, the individual Friday and the Freestyle Saturday.

Only the top 18 riders from the individual are able to ride in the Freestyle. After having ridden early on in the order for the individual test, I spent most of the morning crossing my fingers to make it through, and luckily I did!

A number of competitor parties were also organized for us. The Monday evening we had a welcome get together at the horse park. Tuesday night we went to a nearby rescue facility where all the teams were announced followed by dinner and a western demonstration of how they break their quarter horses. Then on Friday we had a competitors party at the horse show. To kick it off all of the teams decorate their golf carts and we have a giant parade. It is nearly impossible to return from the parade without having been drenched in water!

This year's NAJYRC was a special one for me because having aged out of the young riders it was my last. It was however, a very good one. My teammates, Tanya Strasser, Amanda Aberman and Mathilde Dumas, and I are all the same age so we all got to share our last NAJYRC experience. Being able to share this experience with a group of people who you get along well with and who you want to see succeed truly makes the NAJYRC an unforgettable event.



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## ***Lindsay Cooper-Kelly (Junior, Team Canada):***

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My name is Lindsay Cooper-Kelly I am 18 years old and I was one of the four juniors to be chosen to represent Canada as part of Team Canada at the North American Junior Young Rider Championships in Parker, Colorado this past July.

When we arrived in Colorado I was so excited to be there and also really nervous. I had never ridden at a show this size before and nine months before landing in Colorado I had never shown above first level or ridden with a double bridle before.

When we arrived in Colorado Gizmo was already at the barn where the horses were staying until being moved over to the Colorado Horse Park. We got to the hotel and got something to eat (we were always hungry for the first four/five days) and then off to see Gizmo and get acquainted with the barn. The barn the horses stayed at was beautiful and they took really good care of the horses.

Because of the heat it was decided that we would walk the horses and ride in the morning and then come back later in the afternoon to walk/check on them. So for the first two or three days we had some free time for shopping, eating and sightseeing.

On the Sunday morning before the horses moved to the Colorado Horse Park Evi Strasser gave all of us a lesson on how to do the “jog”. It was a great lesson and she made it really fun for all of us. It really helped me as I had never done a jog before. Later that day Simone Williams, my coach from Queenswood Stables, arrived in Colorado and I got back to the business of training.

On Monday morning the horses moved over to the Colorado Horse Park so the day was spent

getting Gizmo settled, catching up with my other team members, decorating our stalls and checking out the Horse Park.

The opening ceremonies were held at a local horse rescue, the place was HUGE and I wish we could have adopted some of the horses (and donkeys) and brought them home to Canada. There was a big BBQ with a mechanical bull, dunk tank, music and a rodeo demonstration. I got to meet some of the other competitors and meet some really nice people from all over the United States and Mexico. We had a meet and greet also and on the Friday there was the Competitor’s party and golf cart competition. Of course there was a water fight and it was really funny to see the Mexican Team for the jumping competition on Saturday morning still glittering from the sparkles we added to our water buckets. They were probably still sparkling a week later – we used a LOT of sparkles.

Gizmo and I competed in the Team competition and our team placed 8<sup>th</sup>. It was so hot and because of the altitude it made it really hard to breathe when riding. One of the best ideas I saw was a coach dumping a bucket of ice water down his student’s back right before she went out to ride. She came back almost dry. It was that HOT!!

I have to say that for my first experience at an international show I couldn’t have asked for a better experience or better team mates. I had a great time, learned so much and came home knowing that I want to go forward with my riding and hope to make the Young Rider’s team in the future. It was an amazing opportunity and I will never forget this incredible experience.

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## ***From a Dream to an Experience of a Lifetime: (Heather Kelly)***

Last October my daughter, Lindsay Cooper-Kelly, gave voice to a dream. She said that she would like to try for the NAJYRC. At the time she was 17 years old and this year would be her last year to try as a junior.

Lindsay spoke of this dream to Oswaldo Lazzuri, one of her coaches from Queenswood Stables. I guess Oz mentioned it to Simone Williams, the owner of Queenswood, because she then brought it up one day last October as we prepared to attend a show in Vermont.

Lindsay and I knew the dream was just that, a dream, because we couldn't afford to buy a horse trained to the level she would need, it was also mid-October and Lindsay had never ridden above first level. Enter Heather Williams and her magnificent steed, Gizmo. Somewhere along the line a discussion between Simone and Heather had taken place and an offer was made that Lindsay could try riding Gizmo and if it was a good match Lindsay could show Gizmo and try for the Junior Riders.

Six months later after having two/three lessons a week on Gizmo Lindsay entered her first show. She did amazing and received three qualifying marks. With five more shows in the next six weeks we travelled to Centaur, the Ottawa Dressage Festival to Mascouche, QC, to Greely and the Youth Championships in Newmarket where Lindsay placed third overall. This was all accomplished with lessons in between, me working a full time job and two part time jobs and Lindsay completing her final year of high school, maintaining an 84% average and working two part time jobs. Needless to say we gave a whole new meaning to time management and micro-scheduling.

The day after Newmarket was the "cut off" date for qualifying marks and the team would be chosen in two weeks time, so we sent in her marks and waited. Just trying for the team had been an exciting experience but when we found out about an hour before the official announcement that she had made the team WOW our excitement level went through the roof!!! We were so proud of Lindsay, she had worked so hard and given up so much – her dream had become a reality.

Having never done anything like this before it was a daunting task to organize trailering for Gizmo, hotel arrangements, traveling arrangements and everything else that goes into organizing such a large endeavour. But it all came together with the help of a "village".

Our trip to Parker, Colorado was beyond anything I could have thought possible, the hotel was great (Holiday Inn Express and Suites, Castle Rock, Colorado), the staff was really friendly and helpful. Colorado Horse Park is an amazing place – it's not spread out and everything was within walking distance, the place was so well organized and the staff and management did everything in their power to

make the show a positive experience for everyone. The opening ceremonies were held at a local horse rescue and boy was it amazing. The place was immaculate, the horses so well taken care of and the place was HUGE.

The opening ceremonies presented each different team and afterwards there was a huge BBQ with a bouncy castle, a mechanical bull, dunk tank, music and a rodeo demonstration. It was a lot of fun. They had a competitor's party on the Friday night together with the golf cart decorating competition. I am pretty sure the Canadian Team won the water fight against the Mexican Team (jumpers) as the next morning the Mexican team was still "sparkling". The Canadians mixed a ton of sparkle in their water buckets – hence the "Sparkle Effect" on Saturday morning (never underestimate a group of teenage girls and a bag of sparkle!). There was even an "ice cream social" and the local Greenhawk store for all the competitors at the NAJYRC with discounts and coupons which was a great idea as it was really hot the whole time we were there – twelve days of sunshine. It was like Mother Nature didn't want to ruin anyone's rides so it only rained late in the evening (once or twice) but it was sunshine every morning and afternoon.

We met some wonderful people, did "a bit" of shopping, ate A LOT ( I think that was from the altitude and that is the story I am sticking with) and watched some truly beautiful horses and riders perform throughout the week.

There are so many people that helped Lindsay reach for the stars. Simone Williams and Oswald Lazzuri for their amazing coaching and support. Our Queenswood Stables family and all those people at the shows and at home who encouraged and supported Lindsay. Tanya and Evi Strasser for organizing the trailering and boarding for the horses (for the week prior to the show). Sandi Babich, Gary Morin and Nicole Babich-Morin for taking care of Gizmo prior to our arrival in Colorado and when he returned home (thank you from the bottom of my heart!!). Ecclestone Transport and their fantastic crew and for getting all five horses to Colorado and home again safely and in tip top shape. Thank you to Equestrian Canada for choosing Lindsay to represent Canada as part of Team Canada (junior) and the other members of Team Canada (Vanessa Creech-Teraud, Alyssa Gaudet and Tasia Murray), the Chef d'Equipe, Ellen Rumball (Dvorak) and the Colorado Horse Park for hosting the NAJYRC and doing such a wonderful job.

I also want to express a HUGE thank you to Lindsay's "Colorado Crew" – Amanda Lewis for being the best groom ever, keeping Gizmo white for 12 days and for keeping me sane. Simone Williams for your coaching, words of wisdom, friendship and making me laugh when I wanted to cry. I would especially like to thank Heather Williams for giving Lindsay such an amazing opportunity to learn from her beloved Gizmo. For believing in Lindsay, trusting her to take care of her "boy" and giving us all the experience of a lifetime.

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*The following article is reprinted with permission from the author. It was originally published in the Upper Canada District Canadian Horse Breeders newsletter, November 2015.*

*Please note that this article is provided for information only. The OADG Board of Directors does not endorse or advocate for any particular veterinary or alternative therapy interventions. The OADG encourages every owner to work with their veterinarians and other care providers to develop the best health program for the horses under their care.*

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## Alternative Therapies for Horses

*From Rhonda Turley, BSc. (Agr)*

Many therapies have been used over the years that help our equine friends. First used in humans, many have made the transition to horses. Many of these do not replace veterinary care but do complement it.

Chiropractic adjustments are invaluable in treating gait and other performance abnormalities in the horse. Symptoms such as lameness, stiffness, lack of impulsion or power, difficulty in obtaining or maintaining collection, poor attitude, gait abnormalities, being cold-backed or cinchy (girthy), or the presence of muscle atrophy are commonly associated with spinal misalignments which can be treated by using chiropractic techniques. When muscle imbalance is pulling on the spine an accident is waiting to happen so regular care is important. Some veterinarians have been trained in animal chiropractic. Some human chiropractors have been trained in animal chiropractic as well.

TEAM (Tellington Equine Awareness Method) is based on Feldenkrais bodywork. This system impacts the physical, mental and emotional well-being of the individual animal. TEAM offers an approach that solves physical and training problems that seem unsolvable. It teaches the horse to override old behavior patterns and replaces them with new ones. TEAM has been used with soreness, stiff backs, stress, nervousness, and a host of other problems to produce a calm animal ready to compete or trail ride for example, without drugs. TEAM can be used with young horses, starting horses, or older animals. When traditional methods don't work then TEAM will work.

Equine physiotherapists analyze the impact of an injury, disease or disorder to return movement and correct function. Physiotherapists have a range of techniques ranging from therapeutic exercise, manual manipulations, to skin and wound care. Physiotherapists usually have a fulltime job in their profession and will look after horses after hours. They can be a big help for bad injuries.

Massage therapy can help create a better balanced horse mentally, emotionally and physically. Feel the muscles of your horse. They should feel firm but not hard and not hot when compared to a similar area of the same horse. Horses can have muscle spasms as well as humans. Equine massage can relieve tension and muscle spasms. It improves circulation and allows more rapid healing of injuries.

Reiki healing works well with horses. It benefits the horses' own self-healing process and may allow it to cope better with stress-related conditions. Reiki is a very simple, nonintrusive and powerful process. As healing energies come into balance the horse should feel a deep sense of relaxation. While watching a Reiki session it may appear that not much is happening but the horse will benefit.

The most important factor in the success of any treatment is the skill of the practitioner and probably not the technique itself. Horses who are quirky or have difficult temperaments are often suffering pain in my experience. Finding and getting the pain reduced or eliminated should be the horseman's goal. Horses realize when someone is trying to help them (even if it is uncomfortable) and will become active in their own treatment.

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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](mailto:communications@ottawadressage.com). Your contribution will be much appreciated.

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## Local show schedule – Gold dates only!

Please check the OADG website regularly for updates and new information: [www.ottawadressage.ca/shows](http://www.ottawadressage.ca/shows)  
 The show schedule below includes only local shows. For a list of the 2017 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>

Please note that the following Gold show dates for 2017 are provided for planning purposes only! The Silver and ESD show dates are not yet finalized. We will include all local dressage show dates in the Spring 2017 newsletter.

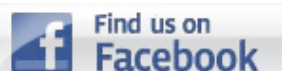
<b>May 2017</b>		<b>June 2017</b>	
Sun May 14	Centaur Gold	June 10-11	Rainbow Ridge Gold
May 18-21	Ottawa Dressage Festival Gold/Platinum	June 24-25	Dewmont Gold
<b>July 2017</b>		<b>August 2017</b>	
July 8-9	Rainbow Ridge Gold	Sun Aug 6	Centaur Gold
<b>September 2017</b>		<b>October 2017</b>	
Date to be determined	Eastern Ontario Silver Dressage Championships, Starlit Farm		

### Please join us for the OADG Annual General Meeting

The OADG Annual General Meeting will be held at Danby’s Bar and Grill in Munster Hamlet on Sunday December 4 at 1 pm.

### Contact us -- Your OADG Board of Directors

<b>President</b>	Catherine Maguire	613-256-2725	<a href="mailto:president@ottawadressage.ca">president@ottawadressage.ca</a>
<b>Secretary</b>	Cheryl Denault	613-668-5977	<a href="mailto:secretary@ottawadressage.ca">secretary@ottawadressage.ca</a>
<b>Treasurer</b>	Kiki Baggerman-Webster	613-825-5370	<a href="mailto:treasurer@ottawadressage.ca">treasurer@ottawadressage.ca</a>
<b>Awards</b>	Caroline Peck	613-248-0018	<a href="mailto:awards@ottawadressage.ca">awards@ottawadressage.ca</a>
<b>Shows</b>	Anne Galt	613-402-7381	<a href="mailto:shows@ottawadressage.ca">shows@ottawadressage.ca</a>
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