

Central Plains DressageNews

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Patty Couch and Prince Awarded WDAA Gold Medalist

Patty is one of only 6 riders in the country to receive this honor.

By Annie Houchin, Vice President

Patty Couch and her 9-year-old Friesian gelding Galant Prince von G earned the final scores they needed to achieve gold last September at the 2018 Western Dressage World Show in Guthrie, Oklahoma. Patty had to earn 500 points with five scores submitted in Level 3 or higher. Patty is one of only 6 riders in the country to receive this honor and is now second in the world for points total with 560 points!

The [WDAA Horse Lifetime and Awards Program](#) tracks points achieved by a horse and his riding partner throughout their riding career. And Patty has had Prince literally since before he was born! She began riding Friesians for Rita Glen in Claremore and decided that was the kind of horse she wanted for dressage. When she was ready, she picked out the stallion to be bred with one of Rita's Friesian mares. Prince is now a handsome 16.2 hh, as you can see in the photo.

Patty said that the Central Plains Dressage Society helped her reach this level because we schedule so many shows. That's wonderful, because that is our mission! Congratulations, Patty and Prince. We can't wait to see where the journey leads you next. Perhaps WDAA Supreme Champion?



Patty Couch riding Galant Prince von G. They earned more than 500 points to receive the WDAA Gold Medalist Award. Photo, courtesy Patty Couch.

Trixie's Journey

Steaming her hay made Trixie the energetic pony she'd once been.

By Amy Mullins

Breath. It's not optional in life. Breathing easily. Also not optional for a performance horse, or even for a horse to simply enjoy life.

Our respiratory ailment journey began about six years ago. Trixie had an episode of labored breathing, coughing, and runny nose. After ruling out other possibilities, I was advised it was most likely a hay mold reaction and the only treatment needed was to remove all hay (it was early summertime), provide 24 hour turnout, and give Trixie a single round of Clenbuterol. Trixie recovered well and other than noting I needed to be extremely vigilant about hay quality, I naively thought life would continue on as usual.

A few years did pass uneventfully, and then Trixie had another episode. This time recovery wasn't easy, it wasn't uneventful, and a full year passed with her on complete rest from work. At the end of a year, we'd managed to find a balance. Daily antihistamines combined with soaking hay seemed to keep the worst of symptoms at bay. We started in with light work again, and hoped for the best. Fast forward another year, and I began to yearn for the days of watching her gallop around the field taking pleasure in the moment. I wanted to do more with her in dressage. I wanted her to go back to being the energetic, playful girl she'd been before. Throughout all this time, I kept searching and trying different management techniques and different supplements.

Continued on p. 4

Photo: Camille Fuller



Welcome

The wonderful story that Amy Mullins wrote about Trixie's journey is just the first in what we hope will become a regular column. Every horse has health issues. Some horses, like my horse Lily, have few complaints; other horses, like my horse Goldie, have health problems that require constant vigilance. By sharing our experiences,

we hope to help our club members find new ways to make their horses healthier and keep them fit longer. If you have a story you would like to share, send it to me at nspring@springpages.net.

Nancy Spring

Show Report: January 26 Schooling Show, Valley View

The Central Plains Dressage Society show season kicked off with a schooling show on January 26 at Valley View. Originally scheduled for January 19, the show was delayed to avoid frigid weather. Thank you to our wonderful volunteers as well as judges Janelle Williams and Michele Marshall who officiated dressage, western dressage and working equitation classes. For complete class results, please visit www.horseshowconsulting.com. High Points are shown in the table below.

January 26 Schooling Show at Valley View High Points			
Introductory Level	Lil Miss Sassafras	Amy Kramer	73
Training Level	Fabienne SWF	Whitney Vess	73.462
First Level	Barbie	Chloe Patterson	58.448
Second Level	None		
Third Level	Won Direction	Courtney Vaughn	66.486
Fourth Level	Big Ben Hancock	Nancy Eytcheson	62.821
FEI	Piloot	Jana Howell	58.088
WD Introductory	Rein Dancer	Connie Ewing	57.045
WD Basic Level	Dunits Chic Olenna	Holly Huffaker	61.304
WD Level 1-3	None		

Upcoming Shows and Clinics

Entries are open for the February 16 West Area Schooling Show at Valley View. Judges are Deryn Stewart (dressage and western dressage) and Michele Marshall (working equitation).

The Melissa Creswick clinic scheduled for April 1-2 is currently full. If you would like to be added to the waitlist, please let Stacia or Robin know. This year, we are tracking clinic entries at <http://www.hesseldressage.com/clinic-ride-times.html>. This should help riders and auditors know the availability of rides. Please note that times listed are tentative until a few days before the clinic begins.

Central Plains Dressage Tentative Schedule 2019

SCHOOLING SHOWS EAST
March 16
April 6
April 20
May 25
September 14
October 12

RECOGNIZED SHOWS VALLEY VIEW
March 31
April 27 and 28
May 18 and 19
June 22 and 23
June 29
August 31 and September 1
October 26 and 27 - Championships

SCHOOLING SHOWS VALLEY VIEW
February 16
March 9
March 30 USEF Lite WD
May 11 - Arab plus schooling show
June 2
July 13
September 7 plus western lite
November 2 championships
November 3 USEF Lite WD



Central Plains DressageNews

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Editor: Nancy Spring
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Contributors: Members of the Central Plains Dressage Society

Contact Nancy Spring at nspring@springpages.net.

Please visit horseshowconsulting.com for a complete and printable master schedule.

Behind our Motto “Fun, Friendly, Forward”

By Chris Cashel, President

You have probably noticed that you hear “Fun, Friendly, Forward” as a descriptor of our club. It is our motto! So how was it determined? Some of the reasons date back to our association with ODS. We wanted to be different, supportive of horses and riders and looking toward a new future: hence, Fun! Friendly! Forward!

The fun part may seem self-explanatory, however, I think you have to work at establishing a fun factor. Enjoying time with your horse pal, barn pals and others who listen to you talk about your horse and barn pals is part of it. Time with Central Plains members should also be fun. Looking forward to seeing people at shows, meetings or social functions is an indicator of whether belonging to this group is fun. If you are a new member, feeling welcomed and supported at events is your barometer. Maintaining membership and attracting new members is a marker for the Club. We know that if time spent with likeable people is not fun you will choose a different group.

Friendly is easy when you like who you are with. Being helpful and supportive with a genuine smile is something everyone should expect. Being open to new ideas is also a way to be

friendly, and being able to explain why and how decisions are made is a third way. We share a common interest in our horses so why wouldn't we be friendly?

Forward may be the word that is most open to interpretation in our motto. Of course in dressage it is a common term indicating to get the horse moving in a forward direction. It also means that as a Club we need to look toward the future, to anticipate needs and wants. We have embraced western dressage and working equitation and celebrate successes of riders in both areas. By doing so we have increased membership and met new people who love spending time with their horses. We have responded to members about the award system, supporting young riders as they start to demonstrate skills in the show ring and kept communication going through the Newsletter, Facebook and the web page. We are not perfect yet and may never reach that level. But we strive to be excellent and work toward that goal everyday.

Please think about how you support the motto of fun, friendly and forward. Participate when and where you can. We love having you here.



A friendly group having fun with their horses. Photo from February 2018 newsletter of the Team at Osage.

From the Show Secretary

By Stacia Wert-Gray

Year-end Awards Tracking

The new Year-end Awards system is up and operating. Remember that this system is based on median score and not points. To view current standings, please click on the appropriate division (e.g., West Area Schooling Shows) at <https://www.horshowconsulting.com/2019-cpds-year-end-awards>. You

will also find the rules for the year-end awards program on that page. If you have questions about the new system, please email or call Stacia. (www.horshowconsulting.com/405-204-3870)

Supporting Central Plains with AmazonSmile

By Amy Mullins

Did you know you can support Central Plains every time you shop on Amazon, through AmazonSmile? When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization.

To shop at AmazonSmile simply go to smile.amazon.com. On your first visit to smile.amazon.com, you need to select a charitable organization to receive donations from eligible

purchases before you begin shopping: Search for and select Central Plains Dressage Society Inc to support our mission! The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases.

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked “Eligible for AmazonSmile donation” on their product detail pages. See AmazonSmile for complete details about product eligibility and special offers.

Trixie, continued from p. 1

I'd read about the benefits of steamed hay, but initially a lot of what I read suggested that soaking was as effective as steaming, and since soaking didn't require an outlay of cash, that's where we started. Soaking was hard in the winter so we found plans online and made a homemade steamer. On the bitterly cold days, we used that and it seemed to do as well as soaking. It wasn't a miracle cure, it was difficult to clean and maintain, and I could only steam tiny amounts at a time, so I only used it when absolutely necessary. As we headed into winter this year, I decided to give a commercial hay steamer a try. All I can say is I feel like an idiot for not doing this sooner.



Yes, a commercial steamer was expensive. So was having a horse laid up for a year. The commercial steamer is able to get the hay steamed at much higher temperatures than our homemade version. It's easier to clean and maintain than our homemade model. In short, it was a total game changer.

I received my first steamer in November, and was so impressed I bought a second on a Black Friday sale. Having seen what a difference it made, I wanted to be sure in the event of any equipment failure, I had a spare on hand to use while repairs were made.

So you may be wondering, how does steaming hay help? It reduces dust that can be breathed in by your horse. The high temperatures achieved during steaming kill mold spores and bacteria. It's superior to soaking in that it does all this without leaching away nutrients.

After a month of steaming every serving of hay, every day, and watching Trixie just get better and better, I finally got brave and took her off antihistamines. She's doing great without them!

I cannot put into words how happy it has made me to see her blossom back into a horse who now gallops around the field with Reilly, somehow apparently operating under the belief that her little pony legs are absolutely able to keep up with Reilly's race-bred body. She'll be at a flat-out gallop as he breezes along beside or behind her; it's hilarious, and gives me such a joy to watch.

If you've been struggling with reduced performance, or respiratory allergies or issues of any kind, I encourage you to look into steaming hay. A study published in December can be read by following this link: <https://onlinelibrary.wiley.com/doi/full/10.1111/jvim.15397>. This statement from the study does give one pause: "In our study, straw bedding and dry hay feeding represented significant risk factors for Inflammatory Airway Disease (IAD) and for the presence of fungal elements in equine airways. Their use cannot be recommended in performance horses."

As a final note, I have no affiliation with Haygain and didn't want to focus specifically on the company's products, but if you were curious about which steamer I selected, I will share with you that I went with the Haygain HG One. I like that it's small, easy to move around and clean, and is portable so if I ever do need to take it on the road, I can. I ended up buying a plastic hot water heater drip pan from Tractor Supply to sit underneath the hay chest and collect the drips that need to escape by design. Compared to soaking, steaming has added no extra time in my day. Compared to serving dry, sure, it takes a little more time, but I honestly can't imagine ever going back to serving dry hay now that I've experienced first-hand what a difference steaming makes.



Photos: Trixie and Reilly galloping; Trixie and Amy at their first dressage show. Courtesy Amy Mullins