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Central Virginia Combined Training Association

From the President...

Greetings Members!
Thank you for joining us on this exciting journey. So far, we've started off on a roll and we are hoping to continue to gain momentum. As always PLEASE feel free to attend the board meetings and to e-mail any one of us with suggestions and offers to volunteer with programs.
To catch you up to speed with the goings

on...
Our February meeting with Allison Faber of Full Circle Veterinary was educational and enjoyed by all. Our March 13 meeting will be 101 Ways to be Eliminated and as a special treat, we will collect stories from our members and give a special prize to the member with the most "original" story about how they were

eliminated. Stories will be presented at the meeting and the membership will vote on their favorite. If you have rules questions, please bring them to the meeting. We will have a 2008 rule book at the meeting and I hope that the presentation will be fodder for lively discussion among members.

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Our Next Meeting will be...

Thursday, March 13th, 2008

Topic: 101 Ways to Get Eliminated
Presented by Hollyn Mangione

General Meeting at 7:30 PM, Speaker at ~8 PM
Guests are welcome to attend our General Meeting and Speaker Presentation, but may not vote on club business.

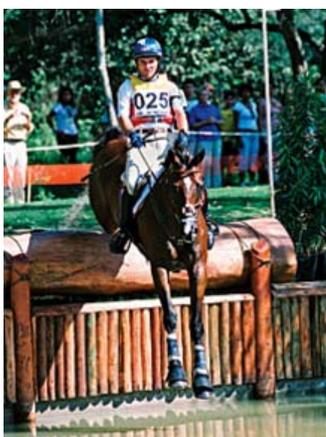
At the Cochrane Rockville Branch Library
16600 Pouncey Tract Road, Rockville, Virginia 23146
Directions: http://www.pamunkeylibrary.org/rockville_directions.htm

Board meeting begins at 7:00 PM
CVACTA members are welcome to audit.



ABOVE: 2007 USEF
Eventing Horse
(PONY!) of the Year –
Theodore O'Connor

BELOW: 2007 USEF
Eventing Rider of the
Year – Phillip Dutton.



Holistic Medicine Explained, by Dr. Faber, DVM

Our speaker for the February Meeting was Dr. Allison E. Faber of Full Circle Veterinary Services, PLLC. Many of us know Allison from her previous positions at Virginia Equine Clinic and Woodside Equine Clinic, so it was old home week for many of us. She was kind enough to attempt to “demystify” the plethora of holistic healing methods available to today’s active horse owner.

Allison began by positioning holistic options as supplemental to, not a replacement for, traditional veterinary diagnostics, treatments and medicines. Then she went on to explain the most general concepts and ideas behind the “Eastern” or “non-traditional” approaches to healing. This positioning was very helpful to this member, as it has always been very confusing to me.

The rest of the presentation consisted of two main parts. First was the explanation of Chiropractic. I was quite surprised to find out that it was primarily about nerves, not about bones as this author

had always wrongly assumed. But joints (and their associated bones) must move properly to effectively stimulate nerves. Allison explained how the nerves, joints, bones, spinal column and Dura Mater (which covers the spinal cord) all work together for good health and then used several case studies to illustrate its practical applications.

Next Allison began explaining Traditional Chinese Medicine and the Eastern theories of health. She described the three main ways to approach the subject (all are used), which are Ying and Yang, the Eight Principles, and the Five Element Theory.

By approaching each individual’s issue from each of these three aspects one can come to understand what may provide healing or relief. The Yin and the Yang perspective looks at the essence – is it male or female, north or south, hot or cold, slow or fast, Moon or Sun, et al. The Eight Principles examine the properties of it: quantities, qualities, relative locations, etc. And the Five Phases (of Wood,

Fire, Earth, Metal and Water), deal with the type of substance. For example Fire would describe an issue which is hot and intense, but also transient in nature. They interact in both internal and external cycles.

The body’s energy flows through Channels or Meridians and have Points which may be used, accessed, manipulated in the five main branched of Chinese Medicine. Tui-na deals with blockages along the meridians and uses manipulations similar to chiropractic to remove. Qi Gong (Tai Chi) deals with meditation and breathing. The next two are familiar, Food Therapy/Nutrition and Herbal Therapy. And finally, there is Acupuncture, which can use various methods.

Allison finished up with some more case studies on how all this works together diagnostically and therapeutically. And a bonus discussion about some common Western drugs viewed through the “goggles” Eastern medicine was very insightful. Thank you so much Allison!

- The Editor

Summary of Meeting Minutes from February 7, 2008

The Board met at 7PM immediately preceding the General Meeting at 7:30 PM and was presided over by president Hollyn Mangione. The Treasurer reported the club account balance (see "Club Status" below)

Molly Armentrout presented the cost for **club insurance** to be \$850.00. Both the Board, and later, the general membership approved the purchase of club insurance.

Molly Armentrout presented the proposed **budget for the Combined Test** to be held at No Worries Farm on March 22nd. Total requested amount is \$889.00 (break out available by request). Prizes are being donated by No Worries Farm! Both Board and Club members present approved.

Gina Sybert presented the proposed **budget for the Mock Trials** to be held at Oakdale Farm on March 8th. Proposed budget amount is \$500.00 (break out available upon request). Both the Board, and later, the general membership approved.

Hollyn brought forth a proposed Horse Trials to be **co-hosted with Deep Run Pony Club** and CVACTA at Deep Run Hunt Club. The membership wanted more details and they will be presented with an opportunity to discuss before voting.

A discussion was held about **accepting the points** from the Combined Test from Speak Easy Farm at Zion Crossroads. The Board approved.

Molly Armentrout moved to accept Newsletter Editor Position as a board position which the full Board approved. (Ed. Note: Thanks! I think....)

Wendy Schmitt spoke on upcoming **speakers and clinics**:

- Pace Track Clinic – Nancy Covert, to be at the April (Thurs. 4/10) meeting and then a mounted Clinic next day. (Fri. 4/11). Total cost approx. \$200.00. This issue is pending. Check the "Coffee and Crossrails" discussion for details. (www.cvacta.org under "Forums")
- Possible speaker option – Dr. Claudia True, DVM Woodside Equine Clinic for 6/12 on Parasites – hopefully sooner – issue pending sooner date.
- July speaker to be on gait purity, correctness and quality.

Group email etiquette (and virus prevention) was discussed – Please plan to address broadcast emails to self and BCC the rest of the group. Thank You!

Pat Albertson will be making our membership cards!

- Staff

Club Status – as of February 7, 2008

Treasurer's Report:

Cash on hand -
\$1,342.00

501(c)3 status: Need to apply

Official By Laws:
Pending

USEA Affiliate status:

Need to apply

Insurance status:

Approved to purchase by BOD – awaiting additional quotes

IRS report/filing:

Not yet required (see 501(c)3 status)

Membership: 34 active /current



ABOVE: USEF 2007
Show Jumper HOY "Up Chiqui"

From the Editor – Please Send Pictures!

A small threat: There is only one of my personal pictures in this issue. The rest are stolen from real publications. Please send in legal pictures! You will tire of my horse photos and I will not steal for y'all any longer! <Big Grin>

- The Editor

Welcome to the inaugural issue of the CVACTA Newsletter. All suggestions, ideas and criticisms are welcome, but this is my very first time, so please be gentle.

In future issues this space will have a *Feature Article*. Hopefully, it will be written by one of you and will bag you one **Volunteer Hour** toward your year end points requirements.

Speaking of, we will have a detailed explanation of the Year-

end Awards Program next month. Whoever writes it up gets an hour!

There is also a monthly column called "Dear Two Legs". It is a tongue-in-cheek message from our horses to us with timely, friendly reminders. I would love suggestions for it, or, again, there is one volunteer hour for anyone who writes up an episode!

Anyone writing up the Speaker recap is also entitled to... you guessed it! One

Volunteer Hour!

This newsletter is for us, so please send me your news, your pictures and your thoughts, feelings and concerns.

Letters to the Editor are welcome, as are congratulations notes, kind gossip and AttaGirls and AttaBoys to humans and horses alike. Sorry, no hour for that – just press coverage. Email me!

- Laurie

scfarm2@yahoo.com

please put CVACTA in the subject line

President's Message – Continued from Page 1

Oh, Gina...A little bird told us you got a new pony. A big Congrats to you and your young Oldenburg mare by Nebelhorn. We want pictures!!!!

April 10th we will host Nancy Covert at our meeting and she will discuss conditioning the event horse.

On May 8, our speaker will be XC Jump Builder Eric Bull, who will be discussing building portable XC fences. This will be at the Goochland Library. Please talk these meetings up!

Other News:

The Mock Trial is on for March 8th. Sign up forms are on the website. Please come and enjoy the day. Gina Sybert will need a number of volunteers,

so please contact her at gins.sybert@earthlink.net. There will be weekend workdays to set up and decorate the XC course and one Weekday for final set up. She will also need a dressage scribe and a few other jobs on that day. Please offer to do a part-day job if you can't help with set up before hand.

The CT is set for Saturday March 22. Molly and Anne are working diligently to get this set up, so PLEASE volunteer to do set up the Friday before or to help out at the show.

Yes, you can show and still volunteer that day. Please contact Molly to sign up to help. She also will need assistance getting fliers out to local tack shops and barns. Please do your part and advertise this show.

The club was approached by Speakeasy Farm and asked if we would accept scores from their Winter Blues Series. We will be accepting scores from this show, so please check out the website for details. They are in the Zion's Crossroads area.

- Hollyn

Dear Two Legs...

It's been a long, dark, cold (and now finally, wet) winter. And as the days grow longer we can see that glint returning to your eye. Okay, okay, we are a bit bored and ready to get going again too, however...

Whether we have been clipped and stalled and blanketed within an inch of our lives or we are all fuzzed out, sleeping in a round bale outside the run-in shed, we are NOT in the same shape we were at that last Fall

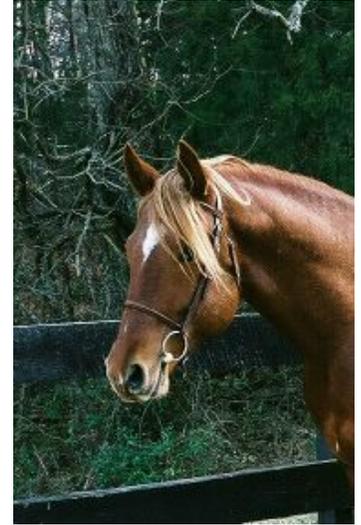
competition. Heck, neither are you.

So in order to save both our bodies and our dignity, let's make a deal. Let's start slowly and save ourselves some aches, pains and soft tissue injuries. And by slowly, I don't mean you standing in the middle holding the lunge line and us running around in circles until we are too tired to buck. That is so not fair! Not to mention hard on our poor out of shape muscles and

tightened up tendons.

These 3 or 4 weeks spent returning to work and regaining condition can be the most fun of the season. Long grooming sessions (isn't that a *great* idea!) followed by relaxing rides with little to no agenda give us a wonderful chance to bond before all the pressure of competition begins for the year. Sometimes it's nice just to hang out with you.

- CVACTA Competition Horse Committee



Dio – Founder of *The Dear Two Legs Society*.

Feb. 23 rd	Combined Test and Dressage Training Show (VADACC) Campbell Springs Farm , Chesterfield, VA
Mar. 8 th	CVACTA Mock Horse Trials (members only) Oakdale Farm Equestrian Center , Powhatan, VA
Mar. 8 th	Winter Blues Combined Test, Dressage & Jumper Show Speakeasy Farm, Palmyra, VA [entry]
Mar. 15 th	Combined Test and Dressage Training Show (VADACC) Campbell Springs Farm , Chesterfield, VA
Mar. 22 nd	CVACTA Combined Test & Dressage Show No Worries Farm, Rockville, VA

Classifieds...

Size 24L Tempri Cotton Full Seat Breeches.

They run large, so these fit like a 26L. As seen in dressage extensions catalogue <http://www.dressageextensions.com/ProductDetail.asp?KEY=5421> Original Price \$150 ish, would love to sell them for \$75. They have been worn less than a dozen times and are in excellent shape.

Size 75 Medium Weight (200 g fill) Weatherbeeta Orican Turnout Blanket

Just cleaned, used one season in very good condition \$45

Brown Cob Size Courbette Noseband

Padded, on the thicker side, so perfect for a horse that needs something to make his face appear slimmer. \$10

**Contact Hollyn
389-1025**

Used Ovation Sport Hunt Show Coat

Used only 1 season, Women's Ovation Sport Hunt Show Coat, Size 12 R. Beautiful dark olive color with very light blue pin stripe. Photos don't do it any justice. Asking \$40 but will also take any reasonable offer.

**Contact
Kristine Slovis
n2eventing@yahoo.com
with any questions.**



CVACTA
Central Virginia
Combined Training
Association

CVACTA – Membership
c/o Molly Armentrout
17423 Sleepy Hollow Ln
Doswell, VA 23047

PHONE:
(804)363-0969

E-MAIL:
mollyarmentrout@yahoo.com

We're on the Web!
See us at:

www.cvacta.org

CVCTA - Newsletter
C/O Southern Cross Farm
18251 Southern Cross Ln
Beaverdam, VA 23015

2008 Board of Directors

Whom to Call

President	Hollyn Mangione	804.457-2628
Vice President	Gina Sybert	804.749-4984
Secretary	Kelly Yeong	804.749-8377
Treasurer	Megan Proffitt	804.556-9868
Instructional Coordinator	Wendy Schmitt	
Membership Coordinator	Molly Armentrout	804.363-0969
Website Coordinator	Pat Albertson	804.754-7534
Scores Coordinator	Pat Martin	804-784-1979
Newsletter Editor	Laurie Dowling-McIntire	804-449-6877

About the CVACTA

To provide a supportive environment for adult riders (18 years or older) to learn the skills necessary to become safe, competent, and successful riders in the combined training disciplines.

*What's a Half Star?

The "Half Star" is the nickname of the Training Level 3 Day Event.

"The Training Level Three Day Event is an educational hybrid competition; it is officially recognized by the United States Eventing Association as an educational activity. Riders compete in an actual "classic" three day event, with roads and tracks and steeplechase, a "10-minute box" as well as cross country, in addition to dressage and stadium jumping. Formal horse inspections also take place on the first day and on the last day."

From the website: [trainingthreedayevent](#)

Internationally (FEI) recognized Events are rated from 1* to 4** Stars.**

