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ADVERTISING RATES

Businesses

Full page \$25

Half page \$15

Quarter page \$10

Club Members

**Small display advertisements for
Member's selling saddles, horses
etc. are free of charge.**

September 2017

Hi Members,

Great that the weather is improving and we are nearly moving into daylight saving so I hope you are all getting some good riding in.

Our open competition at Boneo on the 8th of October is fast approaching and we really need our members to offer your assistance on the day. We cannot run this event without your help so if you haven't helped at an open comp before then please give up some of your time for the club. Please send me an email offering your support.

In October we are also running a clinic with Viv Axton. I sent out the flyer a few weeks ago and we still have places available. Viv is a fantastic coach so don't miss out on this opportunity which we are subsidizing for you.

See you all down at Boneo!!

Happy Riding

Michelle Oliver.



DATES TO REMEMBER

October 8th – Official Competition at Boneo Park

October 14/15th – Viv Axton Clinic @ Glenbrae

November 12th - Freshman's Day – Prep Test B, .2 Tests PCAV Park

December 3rd - Club Day Prep Test C, .3 Tests PCAV Park

**Don't Forget to check out further news and updates
at our Website or facebook page**

www.yvdc.com.au



It is that time again and we are calling on our members to help run our open competition at Boneo park on the 8th of October.

I need members to come forward and help as we can't do it without you all. Please give back to the club that does so much for you the members!!

Please advise if you can do all day or just a morning or arvo. Boneo is a great facility and you will get to see some great riding combinations and we supply you with all your meals also in the Riders Retreat.

Looking forward to your emails.

Michelle Oliver.
YVDC President.

JENNY WATSON. A work on paper.

Sponsor of the FEI class at the official Yarra Valley Dressage Club Competition.

Jenny Watson is a contemporary artist who has represented Australia at the Venice Biennale, has work exhibited in the National Gallery, has been asked to exhibit in galleries in New York, Japan, London, Germany and Belgium. Jenny is a contemporary artist and has recently had a retrospective of work displayed at the Museum of Contemporary Art in Sydney. Jenny often paints on fabric and also uses watercolors and pencil on paper which has been used in this artwork. Horses often feature in many of her works. Jenny was a member of the Yarra Valley Dressage Club for many years and has fond memories of competing and helping at competitions. Jenny now lives in Brisbane on a property and has bred a number of warmblood dressage horses. Art work can be viewed on the following websites- Roslyn Oxley Gallery. Sydney. Anna Swartz Gallery. Melbourne. Contemporary Art Museum. Sydney- a retrospective, May to October 2017.





We are still asking for raffle donations for our October competition. Many fabulous items have arrived but the more the merrier! This is a fun way to raise money for the club and anything is greatly appreciated. Raffle donations can be left at Horseland for Michelle, or email the club and we can arrange pickups. Thankyou!



From the AGM



NEW AND REJOINING MEMBERS.

The club would like to welcome the following new/rejoining members.

Megan Cheeseman

Meyer Sibbel

Kelly Roney

Kelley Walker

Sam Davis

Marie Georgiou



YARRA VALLEY DRESSAGE CLUB

CLUB DAY COMPETITION - SUNDAY 10TH SEPTEMBER 2017

PRELIM 1.1

INDOOR

JUDGE : CATRINA CORTEN

		Score	%	Place
Birgitte Horn	Dougal	147.05	67.04	1st
Jill Sinclair	Mistresse	146.50	66.59	2nd
Kathy Minchin	Buddy	140.00	63.64	3rd
Kathy Minchin	MJ	138.50	62.45	4th
Meg Klaaysen	Capri	136.50	62.04	5th
Jenny Wall	Toby	135.50	61.59	6th

ELEMENTARY 3.1

INDOOR

JUDGE : ELAINE CASTELLINI

		Score	%	Place
Kelley Walker	Acacia Ridge Vivaldi (H/C)	201.5	61.06	H/C

NOVICE 2.1

INDOOR

JUDGE : ELAINE CASTELLINI

		Score	%	Place
Jill Sinclair	Mistresse	206.50	78.48	1st
Kerrie Aumann	Kerron Park Merlin	176.5	65.37	2 nd
Sonya Casey	Legato	175.00	64.81	3 rd
Alexandra Parrett	Grantulla Leviathan	174.50	64.63	4 th
Madison Jackson	Harvest Moon Allegra	168.50	62.41	5 th

MEDIUM 4.1

INDOOR

JUDGE : ELAINE CASTELLINI

		Score	%	Place
Kylie Broxham	Brigadoon Sandor	274.50	76.25	1 st
Michelle Oliver	Darcy	264.00	73.33	2 nd
Jan Keenan	Eddie	245.00	68.05	3 rd
Rossanne Mason	Triple Trees Prince Perfect	201.50	55.97	4 th

ADVANCED 5.1

INDOOR

JUDGE : ELAINE CASTELLINI

		Score	%	Place
Kylie Broxam	Brigadoon Sandor	233.50	70.76	1st
Danielle Pooles	Ashleigh Rondo	160.00	60.00	2 nd

PREPATORY A INDOOR JUDGE : CATRINA CORTEN

		Score	%	Place
Jenny Wall	Toby	120.50	63.42	1 st
Kelly Roney	Darcy	120.00	63.15	2 nd
Elisha Elukart	Dory	119.00	62.63	3 rd
Robyn Seidler	Cass	117.50	61.84	4 th

YVDC Leaderboard 2017-2018

Preliminary

Jill Sinclair	Mistresse	11
Birgitte Horn	Dougal	10
Virginia Fowler	Glenormiston Ronan	6
Sonya Casey	Legato	5
Alexandra Parratt	Grantulla Leviation	5
Kathy Minchin	Buddy	4
Jennifer Ashley	Arnwood Springtime	4

Novice

Jill Sinclair	Mistresse	12
April Kerford	Oliver's Dream	11
Sonya Casey	Legato	8
Kirstie Taylor	Hayley	5
Andrea Ramsay	Stormy	4
Alexandra Parrett	Grantulla Leviathan	3
Madison Jackson	Harvest Moon Allegra	2

Elementary

Jan Kennan	Eddie	10
Kellie Walsh	Conspiracy Theory	7
Monica Bird	Bourgogne	6
Devon Rankin	Chiquita Black	6
Kirstie Taylor	Hayley	4
Zoe Kendall	Flowergum Ferrero	3

Medium

Michelle Oliver	Orlando	11
Monica Bird	Bourgogne	6
Kylie Broxam	Brigadoon Sandor	6
Tracey Gaspari	Coco	5
Jan Keenan	Eddie	4
Rossanne Mason	Triple Trees PrincePerfect	3

Advanced

Meg Klaaysen	Chemistry	12
Kylie Broxam	Brigadoon Sandor	6
Danielle Pooles	Ashleigh Rondo	5

Small Tour (PSG/Inter I)

Ann Smiley	Lynlea Flashdance	12
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Don't forget, 2017-2018 Memberships are now overdue. Please submit your membership and waiver via the website at www.yvdc.com.au
An emergency contacts form only needs to be completed if details need updating from last year or for new memberships. Payment details are on the website.

Arena Familiarization Rides at Club Days

We are now offering arena time on a club day for riders not wanting to ride a formal test. You will be given the same amount of time in the indoor as any other rider riding a test. The cost of this will be \$15 as no judge will be required. Please book your ride at the time of entry as per normal entries, times will be allocated for your arena time according to the entries received. This applies to horses NOT competing on the day. EG young horses etc.



"Don't laugh. It's added
three points to his scores."

YVDC Club Jackets

There are a limited number of navy YVDC soft shell jackets in stock. The jackets are true to size and cost \$80.00. Jackets will be available for purchase at the upcoming poles and club day in September.

Jackets available in size 8 – size 16.



Jacket Front



Jacket Rear

UPCOMING EVENTS



October 8th 2017, Open Competition @ Boneo Park. Entries via Event Secretary.

October 14th and 15th

Clinic with Viv Axton at Glenbrae.

November 12th, Freshmans Day. PCAV Park

Entries Close Monday 6th November

Preparatory Test A, .2 tests at all levels, All FEI Tests

Entries are to be made via the YVDC website, and payment via EFT.

<http://www.yvdc.com.au/club-event-entry-form/>

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Catrina Corten 0413845357



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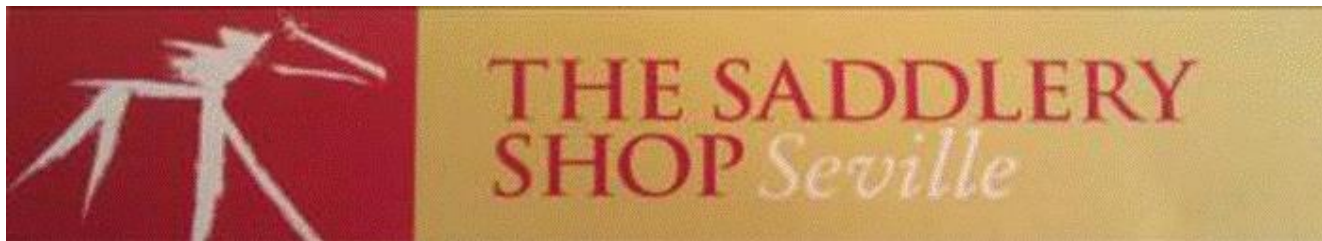
TRADING HOURS:
Mon - Fri: 9:00am - 6:30pm
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The Problem with Auxiliary Aids

English translation of a post from equine and canine veterinarian, osteopath and acupuncturist [Juliane Waas](#):

Auxiliary Aids in all forms are used often by some horsepeople. Some of them are even regarded as indispensable for the development of the horse. So today, I would like to take a closer look at what they do.

In order to ride a horse in a way that is not causing damage to it in the long term it has to learn through its training to move in a posture where it uses those muscles that will stretch the dorsal spinous ligament. The dorsal spinous ligament starts at the withers and connects to the top of each individual dorsal spinous process all the way to those of the sacrum. Towards the head it will continue as the nuchal ligament, which will also connect to each cervical vertebra through its laminar portion and finally inserts at the occipital bone of the skull. If the dorsal spinal ligament is stretched through the posture of the horse it can carry the weight of the rider and absorb it through its elasticity. This is recognizable by a swinging back (back mover as opposed to leg movers).

The importance of good posture is something most of us can relate to. Who amongst us is always sitting in a good posture? I'm not making any guess about the percentage now! The fact is, we all know HOW we should be sitting, but that is sooooo exhausting. And we also know that, in principle, in order for our bodies to work properly, we must train so that the muscles of our entire body can support us in a sensible posture.

This is something to consider: We do not learn to sit straight by forcing ourselves into a corset. On the contrary, when we use a corset all the time, we are weakening our musculature, because the corset is now doing the job our own muscular girdle should be handling.

This is exactly the case with the use of auxiliary aids: they bring the body (at best) into the desired posture but they take over the role of the muscles, which are necessary for the attainment of this posture - and thus switch them off. The muscles become lame, instead of being trained!

The only way to train the desired muscles is to stimulate the horse again and again to go into the desired position and have him carry himself in that posture and balance. This can only be done over and over again by the actions/impulses of an empathetic instructor, whether from the saddle or from the ground.

Like with a teenager who is not very motivated with regard to his physical activity, this training will initially be/feel somewhat tedious. However, the more you "practice", the better the results will be. One cannot, of course, exaggerate/do too much too soon - almost everyone knows that their back / neck will hurt when they transition from a poor "turtle position" (shoulders forward, breastbone lowered, head / neck forward as a turtle) to an upright, healthy, balanced posture. The muscles need the time to adapt from one posture to another. But with time, when the training begins to bear its fruit, you will be able to keep going in a good posture for longer and longer stretches of time. This is also the case with horses.

We must also consider that horses cannot understand that the posture we want them to develop is good for them. Therefore, their tolerance for discomfort is somewhat reduced (we are again looking at the topic of the teenager ... 😊). If it becomes uncomfortable, the horse will avoid the desired posture. So at first, we want to start carefully, really settle for working in very short increments of a good posture and praise the horse, let him know he has done well. Over time, the increments of time will become longer and longer until the horse can effortlessly move around in a healthy posture, which also allows him carry a rider while remaining healthy.

I am not a riding instructor or trainer but a veterinarian and consider things from a medical and biomechanical perspective. To the question "How do I do that?" I recommend Manolo Mendez as an instructor: (<https://www.manolomendezdressage.com/>) Beside the regular riding clinics Manolo gives at Reitanlage Thal (<http://www.reitanlage-thal.de/>) near Munich, there is also extensive video material from him.