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(Deadline the FIRST Friday of the month)

WCDA October Meeting

What: *Pilates and Dressage –
Improve your riding by
Understanding your body
Presented by Beth Glosten, MD*

When: **Thursday, October 17th
7:00 p.m. sharp**

Where: **Bloedel Donovan Park Pavilion**

Plan to attend and bring your friends, along with a towel or exercise mat! Beth Glosten will present some basic principles of human anatomy (info on how our bodies are put together) to help us riders understand how our bodies work!

Beth approaches the topic of rider anatomy from the perspective of a passionate dressage rider, who has a rich understanding of the human body from a career in both medicine as well as experience managing injuries and rehabilitation.

Beth currently teaches Pilates, an exercise system that promotes body awareness, strength, and flexibility. Most of her clients are riders, for whom the goal is to teach healthy and efficient movement that promotes rider self-carriage and balance. She practices her study of functional rider anatomy with "Bluette" her Prix St. Georges Danish warmblood mare.

Beth is a USDF bronze and silver medallist, and graduated with distinction from the USDF L judge training program. She is the current Dressage Director for Equestrians' Institute.

*Directions to meeting site are included in this newsletter.
Free to WCDA members and \$5 for non-members.*

Harvest Festival Dressage Show a Success!

Submitted by Lynn Salas & Carol Landt, Co-Chairs
"Great Show!" "Awesome prizes!" and "Terrific Costumes!" were some of the comments heard during the *Harvest Festival Dressage Show*, held at Marg Clumpner's Fox Bay Farm last Sunday, October 6th.

The heavy mist in the morning didn't dampen anyone's spirits, and the sun peaked through in the afternoon. BJ Higgins, the judge, was very patient and sympathetic with the Intro level horses, some of whom really didn't want to be there, and especially did not want to go in front of that scary tent over the truck where the judge was sitting.

Many thanks to our sponsors: **Marco Hubert Construction** for the beautiful bridle racks, **Cenex Lynden** for the halter and lead, and **Elizabeth Cinney** for the Holistic health and massage treatment. Wooden picture frames were purchased by the show, and engraved with our logo by **Laserpoint Awards**. They also engraved the leather label on Marco's bridle racks, with our logo, and the appropriate High Point Award. They do beautiful work!

We had a waiting list before the show deadline, but all were able to get in thanks to some cancellations. We would like to thank all our wonderful volunteers, who make these shows possible. **Linda Franz**, for doing scoring all day, **Betty Purtill** who ran the office all morning, **Laurie Brione** scribed in the morning, **Jodi and Peter Gear** announced most of the day, and their children were the cutest of runners. **Deb Palmblad** stepped in to help with the announcing whenever she could, between rides, several of **Marg's** students helped out, and **Justin Moore** scribed in the afternoon. **Ingrid Woods** manned the office in the afternoon.

It is interesting to note that only about 30% of riders were WCDA members. Hopefully we will attract some of these members to join us next time!