



**Co-Presidents:**  
Sandra Church & Roberta Young  
**Co Vice Presidents:**  
Sally Aungier & Julie Bergeron  
**Treasurer:** Tim Timberlake  
**Secretary:** Nancy Bennett  
**Directors:** Rose Borkey & Toni Sleeme  
<http://www.powhatanriding.org/>

## January - February 2010

**PRA Meeting Wednesday, February 10th**  
**Speaker – Erik Filep, Recreational Forester, Virginia Department of Forestry**  
**Trail and Trailhead Developments on the Cumberland State Forest (and others)**

**6:30pm- We'll provide the soup, you provide sides and dessert**

**7:00 program**

**Brief business meeting to follow program**

**Home of Julie Bergeron**

Directions from Rt. 60 at Flat Rock.

Turn on Dorset Rd/State Route 622 at the light and go 4.2 miles. Turn left at Genito Rd/State Route 604 1.7 miles. Immediately after crossing the Railroad tracks turn bear left at Moseley Rd/State Route 605 1.3 miles. Take the 1st right onto Ahern Rd and go ½ mile to 19500 Ahern Rd, Moseley. Park along edge of road in front and side of house if ground is soggy.

[Click here to locate on Google Maps](#)

To RSVP or questions – Contact Julie at 378-3583. (If anyone else would like to volunteer to cook a batch of soup please let her know.)

## Happy New Year!

Following are bios of three PRA board members. Hopefully, bios of the other board members will be in the next newsletter. It is wonderful to have new members on board to help plan an exciting new year of PRA activities.

Sandra Church, Co President

### **Meet our new Co-President, Roberta Young**

I was born with the horse bug, but didn't start taking lessons until I was 4 years old. By the age of six, I was helping to break Chincoteague Ponies bought from the Auction. All I really did was hold on until they quite bucking. This was my beginning to riding all the renegades that came my way. I took riding lessons and boarded my first Pony (a black Shetland) with Pete Sexton. Pete lived in Midlothian, VA and was one of the founders of the Carriage Program at Maymont Park. I can be seen in the long, long ago footage (mid 70's) driving the Belgium Team, Tim & Tom at Maymont. I rode both English and Western when riding with Pete.

I switched from Pete to Mary Barns of the South Anna Pony Club in Ashland, VA when I was 8 years old. I only stayed there for a couple of years riding English and learning to jump.

I started riding with Bernard Nash of Twin Hickory Stables in Glen Allen, VA at the age of 10. This is where I learned a lot and didn't know I was at the time. I thought that Mr. Nash was one of the meanest men I had ever met. He made me cry with every lesson. I would clean 20 stalls for my lesson, just to be put on some horse that would throw me into the jumps or where ever I landed. What I finally learned was that Mr. Nash taught me to teach the horse. I was a rider, not a passenger. This has served me well. I learned cross-country jumping with Mr. Nash and loved it. I thanked him for taking the time to teach me and not just put me on one of the push button ponies.

When I turned 18, I moved out of my Mothers. I took a job at Rockette's Mill Farm training the 2-year-old racehorses to breeze the track and break out of the starting gates. This is also when I got to meet the wonderful Dr. Britt. She was the night vet during the foaling season. I use to be the first person to get to the farm in the morning and would relieve her.

About a year later, I switched to riding Western. I started out with Western Pleasure, and then switched to Barrel Racing and Cattle work. Pleasure was just to boring for me.

Over the years, I have helped with the 4H groups, managed several area Barns and worked at several area Barns. About 14 years ago, I had an accident, which left me unable to ride for about 5 years. I started to ride again and realized my body wasn't as agile as it used to be. I had a bad fall about 7 years ago and it took about a year away from my riding again. I have become involved with the judged pleasure trail riding. It is a blast for me. I can challenge myself against my horse and still play on the trail with friends. I also ride Endurance, Team Pen, Cowboy X Games, and love to camp with the horses. I currently have two riding horses; one Haflinger & one Tennessee Walking Horse. I also have 1 mini horse, a goat, lots of chickens & guineas, 2 barn cats and 8 dogs, all of which are spoiled.

I am looking forward to serving as Co-President with Sandra Church this year for the PRA. I have served on many horse club boards and hope to be able to utilize some of those experiences. I love doing all sorts of things with my horses and really want to hear what you all would like us to do as a club.

One thing I want to start up this year is a Mentor Program. I will be the first one to put my name down to be a mentor for anyone that has questions or needs help with horse activities. I will be asking anyone that would be willing to sign up as Mentor to let me know.

Let's have tons of FUN this year!! This is your club, so make the best of it!

*~Roberta*

### **Meet our Co-Vice President, Julie Bergeron**

My name is Julie Bergeron and I am your newest Co-Vice president. I have been a PRA member for 7 years, and I really enjoy the camaraderie, camping trips and trail rides. I am also proud of our group's trail work and advocacy. I have two horses- Greta a 23-year-old Arab and Skye, a 10-year-old Anglo Arab pony. Trail riding is my favorite equine activity, but I school Skye with low level jumping and dressage. I work as a small animal veterinarian at Deer Run Animal Wellness Center in Chesterfield County. This helps to support both my "horse habit" and my elderly home with its never-ending need for upkeep and renovation. In what is left of my spare time I love to work in my vegetable garden and spend time with my family—I have my mom and one sister, her husband and 4 nieces in town, and one sister, her husband and a niece and nephew who live in Salem VA. My two youngest nieces were born while we

were at the last PRA Campout and I had to rush home! I look forward to the PRA having another great year with good friends and good fun.

~ Julie

### **Meet our Co-Vice President, Sally Aungier**

I have been involved with the PRA ever since I moved to Powhatan 20 years ago and it was through this club that I met many of you. I am proud of the things this club has done of the years and hope many of you who are long time volunteers have recharged your batteries during the last two (quieter) years and are ready to roll.

As far as my background goes I have been riding since before I could walk as my parents learned that the easiest way to get me to fall asleep as a toddler was the throw me up on a horse in my older sisters arms. Growing up on an 800-acre dairy farm gave me plenty of room for horses and miles to ride. After riding ponies for a long time, I moved up horses when I was 11 when my parents bought me rising 2-year old bay Thoroughbred mare "Little Girl" to break. During my teenage years, I was juggling six horses and ponies but my special bay mare and I had an unbreakable bond and she was the one that my parents were willing to keep for me until I finished college. While she always "insisted" on being the lead horse, she was incredibly trustworthy and willing to do anything. She was my main horse until she died just short of her 30<sup>th</sup> birthday. Thankfully, she was very versatile, so I was able to try out many different disciplines with her. She was 18 when I learned to carriage drive and got involved with starting the local driving club, where I was an officer and newsletter editor; and organized driving shows and pleasure drives for over 8 years before I became involved with the PRA. Along the way, my local friends have generously loaned me some lovely horses to ride when my bay mare aged out of being able to go the distance and I could not seem to find a horse that I wanted to keep for the long term. Then, prissy little Lella came into my life and taught me what it meant to be "owned by an Arab." What fun I have had for the last 12 years! I feel so fortunate to have spent the majority of my riding life on two special horses. I have a new horse now, DeeDee, a big black Foxtrotter, and my third gaited horse. I have had her a year this month but she will be the "new" horse for a while yet.

Along the way, I have always found myself coming back to what I enjoyed the most during my childhood, which is wandering the countryside on the back of a horse. The topography of our farm and my riding terrain was much like Belmead, but the trails of my childhood are now under the waters of Lake Anna or plowed over for lake front homes. Losing those beautiful places along the shores of the North Anna River is certainly part of reason that I work so hard to preserve and develop new trails now. I have been on the Board of Directors for the Virginia Horse Council and served as the Trails Committee Chair for 10 years now. I am also the third Vice President this year. In addition, I sit on the Dept. of Conservation and Recreation (DCR) Greenways and Trails Program Strategic Planning Task Force, the Board for the Southeastern Equestrian Trails Conference; and I have been the equine representative on numerous committees at the state level. In 2000, I researched published a state equestrian trails directory and I am currently working on the new edition. I am up to 180 pages and still have the entire western part of the state to rewrite. Whew – how do I get myself into these things :>)

~ Sally

### **Potential Clinic, Anyone?**

Would anyone be interested in a confidence building clinic with David Youch of the Culpeper area on either March 27-28? His website is <http://www.practicalequinetraining.com/>. David comes highly recommended from some of our other riding friends. He can do an all day clinic for \$100 each but we would have to have a minimum of 6 riders to schedule it. David can tailor a clinic to suit the participants but I asked him specifically about doing a program that focuses on rider confidence since his

professional background is in behavioral sciences and psychology. David responded "... your topic would allow for a fairly large cross-section of riding skills & levels. Kinda what you're talking about is the human-horse mental link and how the rider's mental state interacts with the horse's. There are many aspects to rider psychology, but that is my favorite--how to allow/teach your horse to read your mind, and interlace that with effective control. Using that kind of thinking and approach, what I strive for is not to control my horse--but rather, effective communication, such that my horse controls itself. I like to give a horse lots of responsibility for itself, almost up to 90% of our partnership. Its 90% is to use its superior physique, reaction time, & sensory systems--so it is responsible to let me know everything it knows, and control its own body. My 10% is to use the only thing I have which is superior--my huge cranium. My job is to take in all info available, including from my partner, and make effective decisions for the both of us, and figure out how to communicate those decisions to my partner so they can understand what I want. "

So, what do you folks think? Anyone interested? If so, please let me know as soon as possible.  
Sally @ [Saungier@mindspring.com](mailto:Saungier@mindspring.com).

### **December 6, 2009 PRA Meeting Minutes** Christmas Social & Silent Auction at Belmead

Sally A. called the meeting to order.

Sandra C. Moved to dispense with the reading of the November 2009 meeting minutes. The motion was seconded and carried.

Tim T. gave the treasurer's report. The checking balance is \$1,365.79. \$100.00 was donated to both the Library and the Christmas Mother. \$200.00 was donated to Belmead for the use of the mansion for the party.

Tim reported on business donations for the silent auction and requested members use these businesses and thank them for their donations.

Sally A. reported on the possibility of having local emergency personnel complete a large animal emergency training seminar.

Sally also reported on the slate of nominees for the 2010 PRA Board of Directors. There were also several volunteers from the floor and the slate was amended. The new slate presented is:

Co-Presidents: Sandra Church and Roberta Young.

Co-Vice-Presidents: Julie Bergeron and Sally Aungier.

Treasurer: Tim Timberlake.

Secretary: Nancy Bennett.

Directors: Rose Borkey and Toni Sleeme.

Ceil MacMillan moved to accept the slate as presented. The motion was seconded and carried.

Sandra C. presented a gift card to Sally A. for serving as President.

Sally A. asked members to complete membership renewal forms and turn in dues after the meeting.

Shirley Charnock suggested holding a de-spooking training workshop this year.

Sally A. reported that she had added an extra day to the Memorial Day weekend camping trip at James River State Park so that members would have the option of spending Sunday night.

Rose B., Toni S., & Roberta Y. volunteered to serve on the trail ride committee.

Sally A. adjourned the meeting.

*Submitted by: Nancy Bennett, Secretary*

## CONGRATULATIONS!

News from Roberta Young- Electra and I won the "NVCEO Crystal Crown 2009 Judged Pleasure Trail Ride" Series this year. <http://nvceo.tripod.com/cc2009results.html>

### **PRA Silent Auction raises \$699.50**

Many thanks to everyone who donated to and purchased items during the auction. We especially wish to thank the Sisters of St. Emma-Francis for letting us use the Belmead Mansion for our party and the local businesses that donated to the auction.

Belmead Riding Club  
Allen's Chinese Restaurant  
Doug Bennett-trainer  
Llewellyn's Towing & Repair  
Rosa's Pizza

Hobby Horse Farm  
Choice Tack (Roberta Young)  
Hertzler's Farm & Feed  
Margarette's Hairstylist  
Tractor Supply

**And Thanks to the PRA decorating crew!**

### **Let's Plan a Field Trip – Virginia Horse Council Annual Meeting and Conference at Colonial Downs, March 13**

Join us for the VHC annual event, which will feature a keynote speaker [Robin Traywick Williams](#), former chair of the Virginia Racing Commission and president of the [Thoroughbred Retirement Foundation](#). Robin's talk is entitled "How Fooling with Racehorses Landed me in Prison" so the morning promises to get off to a fun start! Her talk will set the pace for 12 sessions on topics ranging from equine dentistry, sports massage (with hands on demos), equine liability issues, insurance for equine operations, forming non-profits and the responsibilities of members. There will also be a special youth track "A Day at the Races" that will have hands on programs about the racing industry (including health, nutrition, training, betting, handicapping, drug testing, etc.) I know that one sounds like a lot of fun for adults too but the age range is 9-18 years old.

For the trails tract I have representatives coming from the State Parks, State Forests, Game Department, National Forest, & National Parks for a panel presentation, where we explore ways to both increase and strengthen partnerships with these agencies by learning more about the constraints they face when we ask them to do more for us relative to trails and camps. They will also talk about ongoing and upcoming projects that relate to multi-use trails. A moderated panel discussion will be followed by an open question and answer session so that audience can ask questions that pertain to specific facilities or concerns. For the entire afternoon session of the Trails track I'm bringing in Woody Keen from NC. Woody is a national trail building expert and owns a company, [Trails Dynamics](#). He has been the president of the National Trailbuilders Association since 2006. Woody will cover the nuts and bolts of trail building including design and way to reduce the impacts of horses on trails. This is an especially important topic this year because of the damage that is being done by so many people riding the trails while they are wet.

Conference brochures will be available later in the week. I'll forward the information to you or you can check the [VHC website](#) later. Please let me know if you have any questions [Saungier@mindspring.com](mailto:Saungier@mindspring.com) or 379-9829. In the meantime, would anyone like to volunteer to organize a carpool to the event?

*Sally*

### PRA 2010 Meeting & Trail Ride Schedule

Date	Event	Details
Feb 10	PRA Meeting Speaker – Erik Filep, Recreational Forester, Virginia Department of Forestry Trail and Trailhead Developments on the Cumberland State Forest (and others)	(info on front page) Contact Julie Bergeron 378-3583
Feb 21	PRA & PPRC joint ride at Petersburg Battlefield Ride out at noon, potluck lunch at 2:00pm. <a href="http://sites.google.com/site/pprcbulletinboard/">http://sites.google.com/site/pprcbulletinboard/</a> <a href="#">Link to Battlefield Info</a> <a href="#">Google Map</a>	Contact Roberta for info <a href="mailto:Rlyoung9@yahoo.com">Rlyoung9@yahoo.com</a> 804-457-9341
March 13	PRA "Field Trip" –Virginia Horse Council annual conference at Colonial Downs	<a href="http://www.virginiahorsecouncil.org">www.virginiahorsecouncil.org</a> Contact Sally with questions <a href="mailto:Saungier@mindspring.com">Saungier@mindspring.com</a> or 379-9829
March 27 Tentative	PRA clinic with David Yoush on Rider Confidence at Oakdale Farm	Pending enough people signing up Contact Sally (see above)
April 6	PRA meeting-program by Roberta Young	Location TBD
April 17	Pocahontas State Park Trail Ride. Ride out at noon. Ride out at noon. <a href="#">Park website link</a>	TBD
May 16	Club trail ride at Pleasant Grove, Fluvanna. Ride out 10:00am, potluck lunch at 2:00pm. We have invited RSRC & PPRC to join us on this ride and lunch. <a href="#">Link to Trail Foundation website</a> <a href="#">RSRC</a> and <a href="#">PRCC</a>	TBD
May 28-31	James River State Park – Camp out for club members <a href="#">Link to Park website</a>	Contact Sally with questions <a href="mailto:Saungier@mindspring.com">Saungier@mindspring.com</a> or 379-9829
June 13	PRA meeting-cookout & pool party at Toni's Sleeme's home	TBD
June 5	Virginia Horse Council "History on Horseback" trail ride at Carters Grove Plantation in Williamsburg	<a href="http://www.virginiahorsecouncil.org">www.virginiahorsecouncil.org</a> or contact Sally with questions <a href="mailto:Saungier@mindspring.com">Saungier@mindspring.com</a> or 379-9829
July 16-18	Graves Mountain Camp Out ( <a href="http://www.gravesmountain.com">http://www.gravesmountain.com</a> ). Group will ride to Big Meadows on Saturday	TBD

Date	Event	Details
Aug 14	Club ride at Lake Anna State Park. Ride at 10am <a href="#">Link to Park website</a>	TBD
Sept 1	PRA Fall Planning Meeting	TBD
Sept. 17-19	James River State Park – Camp out for club members <a href="#">Link to Park website</a>	Contact Sally with questions <a href="mailto:Saungier@mindspring.com">Saungier@mindspring.com</a> or 379-9829
Oct 10	Club ride at Cumberland State Forest. Ride out at 10:00am <a href="#">Forestry Website</a>	MUST have state forest recreation permit in advance of the ride.
Dec 5	Annual Silent Auction & Pot Luck Christmas party at Belmead	Tim Timberlake 598-3195

### CLASSIFIED ADS

**The following items are offered by Anne Baskerville. Contact # 353-3227**

- Paddock Boots-Brown leather lace by On Course. Size 7. In very good condition. \$20.00.
- Tipperary Eunter protective vest. Size XS (chest 34", waist 28", spine 22 ½ ")
- There is adjustment with side laces. Navy Blue. Never used. \$150.00
- Dansko Clogs-Two pairs.of oiled Professionals. One black and one med.-dark green. Both new in boxes. Size 37. \$75.00 each.
- Meadowbrook cart. Has been kept under cover. Structurally sound, but needs some cosmetic work on the finish. \$800.00
- Wedge pad. Black vinyl, no armrests. New -\$45.00

**The following items are offered by Rose Borkey. Contact # 598-7255**

- For sale: Black, 17 in seat, Thornhill Dressage saddle, girth, stirrups and leathers, saddle is in like new condition. Asking \$700.
- Courbett all-purpose saddle in great condition. \$300.
- J K western saddle, rough cut, barely used \$300 (wide tree).
- 13yr. old Appaloosa mare, great trail horse, extremely gentle. 15.1h+, big boned. Pretty mover, big ground covering trot. Great feet! She would make a great horse for adult or older child. Maggie has a wonderful personality and gets along with all horses. Asking \$2,300.
- Circle Y headstall: Dark brown with brass studs and fittings, new \$60.

Donna Jeffress shared this picture of her paint, Jackson, in the snow. If anyone has pictures they wish to share in future newsletters, send them to Sandra Church at [minihoss@hotmail.com](mailto:minihoss@hotmail.com).

