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THE OFFICIAL VOICE OF THE POMONA CHAPTER OF THE CALIFORNIA DRESSAGE SOCIETY

Summer is upon us and the chapter has some great clinics planned. Look inside for information on Freestyles, Willy Arts, horseshows and a Rider Subsidy award!

Mylene Chow and Susie Lanini “move forward” with Debbie McDonald

Mylene Chow Moves Forward!

There are times in your life that you find yourself in absolute awe...being chosen as an alternate to attend the CDS Adult Amateur Clinic with Olympian, Debbie McDonald was that time for me. After all, here I am, one of those “older” gals that has decided that her passion for horses should involve the discipline of striving for the perfect 20 meter circle, a sometimes frustrating journey. So any help for someone who has ridden to the top of the game and has represented the United States at the Olympics is a dream come true!

Nervously, I packed up my tack and trailered my horse, Picasso to the beautiful Shadow Ridge Equestrian Center in Highland. Arriving I was greeted by the other riders and our wonderful hosts Kathy and Tom Pavlich. After settling in, we were invited to attend an informal dinner with Debbie. She immediately made each of us feel at ease. We each discussed openly about ourselves, our horse(s), our experiences and our issues. I particularly wanted to ask her to help me to improve my seat and making more horse more forward.

Day one broke us up into pairs with Debbie. She patiently watched each of us and made positive comments and suggestions to improve our riding. On day two, Debbie decided that all riders would have individual time with her...I had a one-on-one lunge line lesson with Debbie! What a privilege that was...to have her so focused on just me and Picasso was incredible.

Thank you Pomona Chapter for the opportunity to take part in the 2010 Southern Section CDS Adult Amateur Clinic with Debbie McDonald. It was an amazing three days that I wished had never come to an end. Debbie was amazing and accepting of each individual rider, their horse and their level of work from Training to Prix St George. She worked on the basics like connection and straightness to more challenging movements such as lateral work. She really encouraged the partnership between horse and rider. She never hesitated to acknowledge our small accomplishments and celebrate with us our bigger accomplishments during the clinic. When we did well she also asked us to give our horses a pat to let them know they did well. It was a weekend I will cherish for the rest of my life!

Dr. Suzi Lanini

Continued on Page 6!



Steppin' Into Summer Show

June 27, 2010

Maverick Ridge Riders, West Covina
Judges: Melanie Kessler (S) and Laurie Falvo Doyle (R)
USDF/USEF/CDS/DASC Rated

Take Part in the Show Experience

Be a Volunteer!

Contact Lauren Wetzel at llboogie09@yahoo.com
Scribes, Scorers, Runners –
We need them all!!

Upcoming Pomona Shows

Last Show for 2010 Awards!
August 1st

Located at Ridge Riders, West Covina
Qualify for RAAC, CDS Annual Show and DASC!

POMONA CHAPTER PRESENTS:

WILLY ARTS RIDING CLINIC

FRIDAY JULY 2ND AND SATURDAY JULY 3RD
AT: BROOKSIDE EQUESTRIAN CENTER
WALNUT, CA

CONTACT CHRISTIE COOPER
(CCOOPER@NUTROPRODUCTS.COM) IF YOU ARE
INTERESTED IN RIDING OR AUDITING

COST: CHAPTER MEMBERS: \$275 TO RIDE FOR THE
WEEKEND; \$20 PER DAY TO AUDIT

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WE WANT TO HEAR FROM YOU!

If you have something you would like to share with the Chapter about yourself, your horse or some other equestrian related experience, we invite you to submit your story to the newsletter editor for inclusion in one of our upcoming issues. Submissions may be edited and will be reviewed by the Board and editor for suitability. Letters to the Editor/Board are also encouraged.

Send your submissions via email to
slm5142@aol.com
or by regular post to
Free Rein c/o Amy Miller
2712 Amherst
Fullerton, CA 92831

Editor's Corner

Show Season has started. How are you doing with your goals for the year? Moving closer and closer? This is a great time to re-evaluate your goals with your trainer, and determine if you need to re-set the goals, or you are gaining ground in your riding.

Chapter shows and clinics are a great way to bring you closer to your goals. Hear valuable feedback from the judges and clinicians about the present skills of you and your horse.

Don't forget that one of the goals must be – having fun! Come join the chapter's freestyle clinic to inject some fun and music in your riding.

*Can't wait to see you in the court!
Happy Riding!*

Amy Miller

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CDS POMONA CHAPTER
FREESTYLE CLINIC

SUNDAY, JULY 25, 2010

BROOKSIDE EQUESTRIAN CENTER

800 N. MEADOWPASS ROAD

WALNUT, CALIFORNIA

Come and learn about the
magical, musical world of the freestyle
at the beautiful Brookside Equestrian Facility.

Watch as Cynthia Collins, USDF Gold Medalist freestyle designer and choreographer works with eight riders to introduce them to the freestyle, improve their rhythm and tempo through the use of music, or work on an existing freestyle program. A one hour video and lecture including discussion of the USEF and USDF/FEI rules will be included.

Riders: Pomona Chapter Members \$75.00

Auditors: Pomona Chapter Members \$10.00

Auditors: Non-Chapter Members \$15.00

If interested or for more information, please contact Mylene Chow
chowboyz@pacbell.net

Gunilla Sevendson's Rider Subsidy Report

I rode with Judy Westlake on March 28 and 29, 2010 at the Shea Center in San Juan Capistrano. (Cost \$250.)

I learned the following:

(My challenge is to activate my horse, have her step under from the back and maintain contact with her throughout the transitions.)

- 1) I will use walk to halt and trot to halt transitions and build up to the half-halts. Most importantly my horse must step "under the table with her hind legs" or I need to tap lightly with my whip to get her to step up and under during the transition. When the response is good, I will make these transitions half-halts.
- 2) I must ask for energy through the downward transition so my horse stays up in the bridle and the hind quarters are ready to step forward into the upward transition.
- 3) I must not give conflicting signals to my horse such as clamping my thighs or knees – need to stay soft and let her step up and through to the halt.
- 4) The outside rein must stay very steady and will initiate the half-halt or halt along with my seat. I will soften with inside rein and will maintain contact throughout the transition, halt, upward transition (I cannot let the reins get long).
- 5) I can test the halt by asking for a reinback. If my horse steps back easily without bracing I have ridden a good downward transition.
- 6) I must keep the energy, frame and contact through the upward transition.

This is what I will incorporate into my daily riding:

- 1) After my horse is warmed up and ready for more contact I can ride around the entire court. I will start with the full halt transitions and when my horse responds well try an exercise such as doing a half-halt at every letter. When the half-halts are coming through I will feel how my horse gets lighter and more active with each one. She can then carry the energy through the upward transitions so her trot gets more active and engaged.
- 2) When I halt my horse I will feel whether her hind legs are under her and then when I cue her to move off, she will push off from her hind legs.
- 3) When I canter I will have steady contact on the outside rein and soften with the inside rein. If she braces I need to check my rein contact – steady outside hand and soften with the inside. If she doesn't soften, I can halt, rein-back, and then go directly into canter. This should activate her hind quarters and build strength for the canter transitions.

Gunilla has participated as a volunteer for the Pomona chapter in the following ways:

I participated as a demo rider for the L program.

For two days in Santa Barbara, I worked as a scribe for Sandy Howard as L-participants judged various classes.

Sandy Howard Clinic Participants

By Marsha Carey

Though I wasn't able to sign up for the Sandy Howard clinic until the cost could be saved (which was at the last minute :), I was very grateful that the schedule allowed for another rider. Each day began with a lecture and a video analysis of riders. Sandy is a person who is always open to new learning. During the past year she has read research on a concept called "deep practice." The concept for deep practice comes from Daniel Coyle in his book, "The Talent Code.," By focusing on really understanding a new move, a different way of achieving something, or learning anything new, and practicing it correctly over and over (six times) a person is participating in deep practice (or deliberate practice.) Studies show that when a person participates in deep practice when tackling a new activity, that activity is learned more quickly and the learning is long lasting.

During my sessions with Sandy, she focused on deep practice while she taught me to use internal rotation of the thigh for a more correct seat. I worked with her until I got it, then stopped and practiced again, until I had done it correctly six times. Pretty soon, it was part of my muscle memory and I could do it without thinking.

I have been using the concept of deep practice in my riding on a daily basis now. I find that I remember much more so that my trainer doesn't have to scream "half halt" and other riding tips every few moments.

Thanks for bringing Sandy Howard out to us!

Mylene Chow: Moving Forward!

Con't from Page 1:

Debbie had me riding in a more correct position, lowering my stirrups several holes, and making Picasso unbelievably forward...so forward that while sitting his trot I thought several times that I might just "fly off"! Day three I actually asked Debbie if we could do part of my ride again on the lunge line...the feeling that I had achieved the previous day was still on my mind and I just had to have more.

Saturday night was a fun filled and fabulous party, great food, entertainment and dancing for all that attended. Many of the auditors stayed to partake in the festivities and get their opportunity to chat with Debbie.

Debbie was a fantastic clinician, positive, motivating and gracious. Each of the riders and their mounts showed noticeable improvement over the course of the three days. The focus on developing better fundamentals with a good connection between rider and horse, being straight and forward, all these tools proving to be invaluable.

I cannot thank Debbie Mc Donald, Kathy and Tom, Pavlich, Carol Tice and CDS enough for making this one of my most memorable events. I encourage each rider to use the resources of their trainer and clinics offered by our Chapter and others to improve upon their dressage skills. After all, this journey we are on with our horses always needs to keep moving FORWARD.

VOLUNTEERS! We Need You!

Come volunteer on June 27th at the
Steppin' Into Summer Show

Contact Lauren Wetzel,
llboogie09@yahoo.com

Azure Farms

Peggy Hosking
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www.azurefarms.net

Thoughts on Videoing your Show Ride

By Sally Swart, Kingdom Video

When I first competed in a dressage show, I so appreciated the kind offer of a friend, to video my ride. Through videoing other friends in lessons and having them do the same for me, I soon realized the enormous value of video for accurate information on what I was really achieving...or not!

Of course, a written judge's opinion on each movement is extremely helpful and that is one of the main purposes of showing. But for the maximum feedback on our progress, we really should have both and can then have a friend read the show report while viewing the video.

I always liked my Dad's idea of the three "M's" for his business decisions, 1. Make a plan...2. Make it happen...3. Measure the achievement...and I apply this to all sorts of things, including my dressage goals. So if we wish to fully "measure our achievement" and are seriously interested in improving our riding skills... we shall always have our show ride videoed. For our emotions come into play when actually in the show ring, we are putting our "training to the test" and this affects our horse and the show ride, making the show video so different from lesson videos at home.

If we fail to video our show rides, there is just such a huge chunk of real information we shall miss, both good and bad. So it's like only getting half of your "money's worth" when putting in so much of your life and your effort, your money and your dreams ...into showing.

Hilda Gurney always has her ride videoed and spends many nights watching them, several times. This is a good thing to do, because what you see on the first viewing is often changing slightly every time you watch, as you learn to critique your own performance. Often you will notice clearly...what your trainer has been trying to tell you for months! This creates not only a great "ground eye" for you, but a permanent record of your progress as you consecutively add to your knowledge throughout the season.

View your most recent ride and know exactly how you can improve on it, as you arrive at your new show and sign up immediately to video your progress.

Understand that videos at home are "historical reference" and each show is a chance to evaluate your most up to date training, that you work so hard for... so don't miss this chance to use modern technology, to help you improve your riding skills in the wonderful art of DRESSAGE!!



Anna Beal's Fitzgerald, born May 2010

A Happy Return to the Show Ring

By Meredith Berrier

Like most little girls, I loved horses from a very early age. I remember being about 2-3 years old pointing to pictures of a lady riding hunters saying, "Mommy, I want to do this." Well, my parents tried with pony rides once in a while and as I got older, about 7, I started weekly riding lessons. Though, this absolutely terrified both of my parents, especially my mom who sat ring side and witnessed my first canter attempt where I nearly fell off. As I got older and passed the pony walk/trot phase, I started hunter/jumpers. I just thought it was so exciting to fly around the arena and sail over jumps. My mom stopped watching! Why, was it I couldn't do something pretty and safe like dressage. But to me at that young age, dressage was too boring. Though, as the years go on, I couldn't have been further from the truth.

A lot of time has passed since those early days of flying over jumps. There has been college, marriage, work, divorce and injury. I suffered a bad back injury at work and was told I wouldn't run again, much less ride. Well, the desire to ride again kept me going and my back has healed pretty well. But this time around, dressage sounded rather appealing. I loved the beauty, balance and grace between horse and rider. I also marveled at the partnership between them, as if moving as one.

Starting back to riding after a very long hiatus and finding a dressage instructor with a lesson horse was tough. Finally, I found the right match. It has almost been a year since I started leasing and riding Taboo, known as "Boo." It was love at first sight. About two months ago we went to our first dressage show and we competed in Training level test 3 and 4. Boo, who is a semi-retired grand prix horse, had his training level début. Oh, he looked even more handsome with his mane braided to show off that muscled neck. Me, I was trying not to be a basket case! My parents even flew down from Montana to show support. They were both much calmer this time because there was no flying over fences involved!

My trainer and I practiced the tests many times at home, I kept reading articles about dealing with show jitters, I kind of slept the night before even, but still, it was test time! All I wanted was to complete the test as accurately as possible, oh yeah, and not fall off or make a fool out of myself! Now that I'm older, it seems I worry more about making a fool out of myself. I think it is difficult to enter the show ring for the first time when you are older. Even though I ride for my own enjoyment, there is that fear of looking like you don't belong. I would have to say, maybe as adults our egos are even more fragile. I know performing the dressage test was more nerve wracking than doing a round over fences. There is so much more to remember in a dressage test and so much more to think about. Half-halts, corners, transitions, letters, timing...oh my!

Overall, I was pleased with the outcome of our first show together. We got third in both classes, and since I was competing in the open division, I was content. Boo, naturally got wonderful reviews and comments from the judges, it is his rider that needs much work. But, instead of feeling down, it helped push me to doing better. I wanted to improve, learn more and work harder to get there. I really feel that dressage shows help the rider so much. First of all, there is a set time line for the day and one knows when their classes are which helps you prepare. Also, I like the fact that you get the copy of the judge's sheet with your score and comments. These comments really helped me see exactly where I need to improve.

The show experience really helped me grow as a rider. Showing for me isn't about ribbons; it is about what is written on the judges score sheet. The results from the show helped launch me forward and push me to doing better. I look forward to the next show because it helps give my riding purpose, makes me take each moment serious and helps me do my best. It would be easier to not worry about the position of my right hip, or learn to sit the trot, but I wouldn't be growing as a rider. To me that is the awesome part of dressage, it also teaches me a lot about life, too. I'm truly grateful for the chance to learn from Boo and my trainer. There is so much to be learned. How could I have ever thought dressage was boring? Thanks Boo!!

Spring Fling Dressage Results

Sunday April 11, 2010

Judges: Carolyn Doran and David Schmutz

Training Level Test 1 Open

(C) Schmutz,

- 1 Faith Grimm Diego 66.957%
- 2 Nicki McGinnis Fantaztic 64.783%

Training Level Test 1 Amateur

(C) Doran,

- 1 Darla Cleveland Jannes 61.304%

Training Level Test 1 Jr/Yr

(C) Doran,

- 1 Emily Andreano Golden Star 63.043%
- 2 Michelle Wagner Jazmine 61.304%
- 3 Renee Monzon Pokey Passer 56.087%
- 4 Morgan Spencer Bemotional 55.652%

Training Level Test 2 Open

(C) Doran,

- 1 Faith Grimm Diego 76.429%
- 2 Nicki McGinnis Fantaztic 66.786%

Training Level Test 2 Amateur

(C) Doran,

- 1 Darla Cleveland Jannes 63.214%
- 2 Tiffany Jarvis Just My Luck 60.000%
- 3 Rebecca Nerney Allusion 55.714%

Training Level Test 2 Jr/Yr

(C) Doran,

- 1 Renee Monzon Pokey Passer 61.071%
- 2 Morgan Spencer Bemotional 56.429%
- 3 Michelle Wagner Jazmine 55.357%

Training Level Test 3 Open

(C) Schmutz,

- 1 Nicki McGinnis Nate 72.800%
- 2 Tiffany Kell Brinton Cool Suede Shoes 68.400%
- 3 Meredith Berrier Ariosto 60.400%
- 4 Tiffany Kell Brinton Faith 57.600%
- 5 Sarah Lockman Bemotional 56.400%

Training Level Test 3 Amateur

(C) Doran,

- 1 Stephanie A Hardy Deco's Copper Lacey 54.400%
- 2 Rebecca Nerney Allusion 53.200%

Training Level Test 3 Jr/Yr

(C) Doran,

- 1 Angelica Oliver-Mays Jolie 64.800%

Training Level Test 4 Open

(C) Doran,

- 1 Tiffany Kell Brinton Cool Suede Shoes 70.000%
- 2 Tiffany Kell Brinton Faith 58.000%
- 3 Meredith Berrier Ariosto 52.400%

Training Level Test 4 Amateur

(C) Doran,

- 1 Tiffany Jarvis Just My Luck 62.800%
- 2 Stephanie A Hardy Deco's Copper Lacey 57.600%

Training Level Test 4 Jr/Yr

(C) Doran,

- 1 Angelica Oliver-Mays Jolie 63.600%

First Level Test 1 Open

(C) Schmutz,

- 1 Nicki McGinnis Nate 70.000%
- 2 Sarah Lockman My Mahogany Jet Set 64.333%

First Level Test 1 Amateur

(C) Doran,

- 1 Brenna Girard Storm 62.000%
- 2 Pam McVicar Bella Regala 61.000%
- 3 Joanne Gentry-Ebert Santa Rosarita 55.667%

First Level Test 1 Jr/Yr

(C) Doran,

- 1 Makenna Spencer Prince Albert 65.333%

First Level Test 2 Open

(C) Doran,

- 1 Sarah Lockman My Mahogany Jet Set 63.889%

First Level Test 2 Amateur

(C) Doran,

- 1 Malissa Tarman Kavik 68.056%
- 2 Pamela Bell Excalibur DDF 67.778%
- 3 Brenna Girard Storm 64.722%
- 4 Pam McVicar Bella Regala 59.167%
- 5 Joanne Gentry-Ebert Santa Rosarita 58.056%

First Level Test 2 Jr/Yr

(C) Doran,

- 1 Makenna Spencer Prince Albert 60.556%

First Level Test 3 Open

(C) Schmutz,

- 1 Carly Davis Delmonico 66.571%

First Level Test 3 Amateur

(C) Doran,

- 1 Kimberly Hudson Watts Zinca 63.714%

First Level Test 3 Jr/Yr

(C) Doran,

- 1 Gabriella Rocco Kokopelli 60.571%

First Level Test 4 Open

(C) Doran,

- 1 Carly Davis Delmonico 70.789%

First Level Test 4 Amateur

(C) Doran,

- 1 Kimberly Hudson Watts Zinca 68.947%
- 2 Frank Nin Estrella Mia 67.632%
- 3 Malissa Tarman Kavik 64.737%
- 4 Pamela Bell Excalibur DDF 64.211%

First Level Test 4 Jr/Yr

(C) Doran,

- 1 Gabriella Rocco Kokopelli 61.579%

Second Level Test 1 Jr/Yr

(C) Doran,

- 1 Olivia Jones Marvin Grey 55.789%

Second Level Test 2 Jr/Yr

(C) Doran,

- 1 Olivia Jones Marvin Grey 59.730%

Third Level Test 1 Open

(C) Schmutz,

- 1 Abigail Stout P.E.M. Orion 58.718%

Third Level Test 1 Amateur

(C) Doran,

- 1 Jeff Shirley Fenian 55.128%

Third Level Test 2 Amateur

(C) Doran,

- 1 Abigail Stout P.E.M. Orion 65.897%
- 2 Jeff Shirley Fenian 52.821%

Third Level Test 3 Open

(C) Schmutz,

- 1 Kathryn Mayo Glover Mint 57.442%

Fourth Level Test 1 Amateur

(C) Doran,

- 1 Anna M Beal Viktor 64.419%

Fourth Level Test 2 Open

(C) Schmutz,

- 1 Tiffany Kell Brinton HMS Murphy's Law 61.136%

Fourth Level Test 3 Open

(C) Doran,

- 1 Tiffany Kell Brinton HMS Murphy's Law 64.878%

Dressage Seat Equitation JR/YR

(C) Schmutz,

1 Makenna Spencer Prince Albert 66.700%
 2 Morgan Spencer Bemotional 63.300%
 3 Michelle Wagner Jazmine 61.700%
 4 Renee Monzon Pokey Passer 61.700%
 5 Angelica Oliver-Mays Jolie 60.000%
 Olivia Jones Marvin Grey 58.300%
 Emily Andreano Golden Star 58.300%

Dressage Seat Equitation AA

(C) Doran,

1 Anna M Beal Viktor 70.000%
 2 Tiffany Jarvis Just My Luck 70.000%
 3 Joanne Gentry-Ebert Santa Rosarita 60.000%

Intro Level Test A Amateur

(C) Schmutz,

1 Maria Michaelson Wasabi 64.500%
 2 Julie A Haefner Platinum Card +/- 59.000%

Intro Level Test A Jr/Yr

(C) Doran,

1 Karyn DeAndrade Ace of Spades 60.500%

Intro Level Test B Amateur

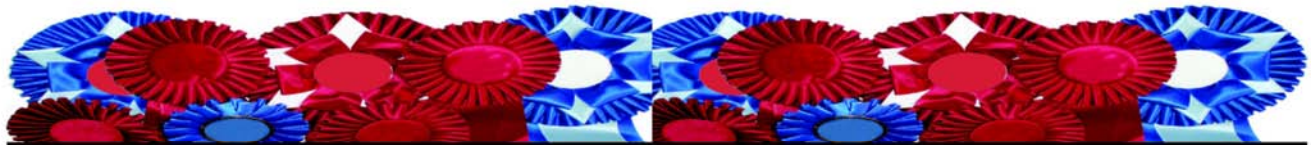
(C) Doran,

1 Maria Michaelson Wasabi 63.500%
 2 Julie A Haefner Platinum Card +/- 58.500%

Intro Level Test B Jr/Yr

(C) Doran,

1 Emily Andreano Golden Star 73.500%
 2 Karyn DeAndrade Ace of Spades 65.500%



REGIONAL ADULT AMATEUR COMPETITION

**2010 SOUTH RAAC
 AUGUST 14-15**

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QUALIFYING SCORES

Training Level
 2 scores from 2 different judges at Training Level Test 3 or 4 60% or higher
 First Level
 2 scores from 2 different judges 60% or higher
 Second Level
 2 scores from 2 different judges 60% or higher
 Third Level
 2 scores from 2 different judges 60% or higher
 Fourth Level
 2 scores from 2 different judges 60% or higher
 Prix St Georges
 2 scores from 2 different judges 60% or higher
 Intermediare 1
 2 scores from 2 different judges 60% or higher

AWARDS

**COOLERS ~ NECK RIBBONS
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 HIGH SCORE NOVICE
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**SAN DIEGO CHAPTER CDS
 CONTACT: KARLA PALMER
 DEL MAR HORSE PARK, DEL MAR, CA
 QUALIFYING: AUG 30, 2009 -JUL 25, 2010**

THANK YOU to our Spring Fling Show Super Volunteers!

Rachel Friedrichs
 Tiffany Kell Brinton
 Greg Brinton
 Justin Jerome
 Joanne Gentry-Ebert
 Kris Hubbard
 Dhana Holck
 Pat Closson
 Pam McVicar

Janet Jones
 Rachel Bingle
 Carmela Bozulich
 Darla Cleveland
 Amy Miller
 Kimberly Hudson-Watts
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Community Board

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Courbette Grand Prix 17" dressage saddle, wide tree, very good condition \$600 OBO; Contact abraach@gmail.com for more information.

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CALENDAR AND CLINICS

2010

June 27 CDS/USDF/USEF/DASC rated Pomona Chapter show; West Covina, CA

July 2, 3 Willy Arts Riding Clinic; contact Christie Cooper, ccooper@nutroproducts.com
July 25 Riding with Music Freestyle Clinic with Cynthia Collins; Walnut, CA

August 1 CDS/DASC rated Pomona Chapter show; West Covina, CA
August 14-15 Southern RAAC, Del Mar, CA
August 27 – 29 Southern CDS Junior Championships; Burbank, CA

September 27 to Oct 1 World Equestrian Games; Lexington, KY

October 7 – 10 CDS/USDF regional championship finals; Burbank, CA
October 17 CDS/DASC rated Pomona Chapter show; Chino Hills, CA

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 **MARY'S TACK & FEED**

CDS-POMONA CHAPTER STATEMENT OF ACCOUNT

26 May 2010

Ending Balance 12.31.09 14,934.67

INCOME:

Spring Fling Entries	1,957.00
ADJ: Add Back Stale Dated Checks	46.50
Spring Fling Additional Entries	3,323.00

Income Subtotal \$ 5,326.50

TOTAL INCOME: 20,271.17

EXPENSES:

Office Expenses	\$ 896.29
Educational Expenses	\$ 775.04
Show Expenses	\$ 2,851.17
Junior Expenses	<u>\$ 2,700.00</u>

\$ 5,225.50

TOTAL EXPENSES: \$ 5,225.50

Ending Bank Balance 05.26.10	\$ 13,341.17
Less Outstanding Checks	343.00
Less Junior Funds	<u>1,294.75</u>
Available Balance 05.26.10	\$ 11,703.42



Meredith Berrier and Ariosto "Taboo"




CDS-Pomona Chapter
2712 Amherst
Fullerton, CA 92831



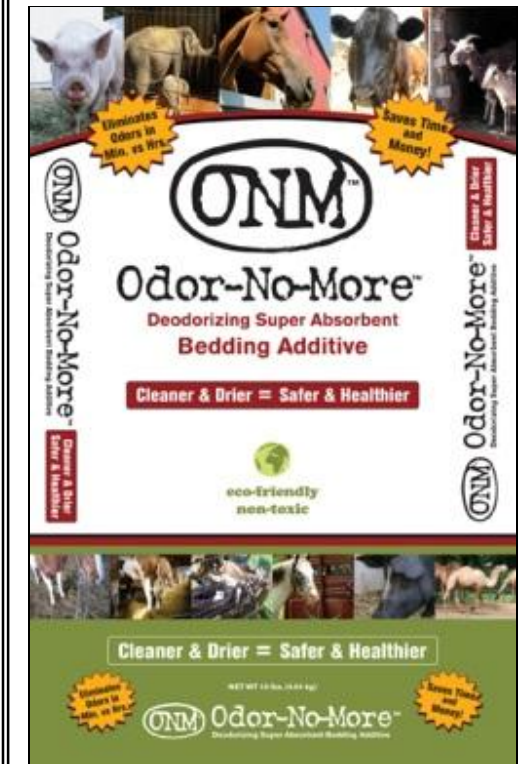
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