

Ride Write

July 2021

Newsletter of the Mid South East Dressage Club

Affiliations EA/HRCVA Member Horse SA



Lucy Williams Clinic

Saturday 21 and Sunday 22 August 2021

Naracoorte Pony Club Ground,

175 Repeater Station Rd, Naracoorte

Highly recommended See entry forms page 7

Annual General Meeting 22 August 2021

Naracoorte Pony Club Ground, 175 Repeater Station Rd, Naracoorte

Come along have your say in you clubs direction for the next 12 months

The club has been traveling well in the right direction fulfilling the moto of Fun Friendship and Forward Moving so please support the AGM so annual members decisions can be supported.

There will be some vacancies on the Committee, honour those who are stepping back by taking up where they have left off. They will continue to support with their experience. Great camaraderie at meetings and opportunities to discuss like minded interests.

Majority of meetings are held via Zoom for convenience

Next Meeting: Wednesday 4 August 6.30pm SA time at Royal Oak Hotel Penola.

Covid Clash with our Victorian Cousin Club

It is becoming a standard saying for the 2020's most sporting articles begin with ;- Due to!!!!

It was disappointing for quite a few Club Members who have been competing successfully in the WEC Dressage Series at Dimboola, of which the last and final leg was to be contested on the 25th July but, "Due To Covid" it has been postponed. Grrrrrrr Such a lovely event.

So unfortunately as the event is run under the EA Victoria who allocated dates for official event s to be held, the postponement dates were of course very limited. EA Vic allocated 22 August 21 sadly clashing with our Lucy Williams Clinic and AGM. I guess it will be up to Members to make their decisions as to which direction they head

2021

Raidis Estate

SA Country Dressage Classic



25 & 26 September 2021

Richmond Street, Hynam

Proudly hosted by the

Mid South East Dressage Club Inc

Presidents report

Once again we are in lockdown, however it is perfect timing for us to watch the Olympics and some amazing athletes perform from all over the world.

The timetable for the equestrian events are included in the newsletter for you all to put in your diaries

As I sit here writing my piece for the newsletter, it is thundering outside, the rain is horizontal, the wind is howling but I am warm and dry and the fire is going, my little dog Libby is sleeping next to me with her coat on while her two big brother look at me through the door saying, hey why cant we come it too, sorry boys you are to big!

Ava and Precious are standing in the middle of the paddock, in the pouring rain, even though the stables have full hay nets... crazy things our horses are...

It is certainly nice to have the rain, to get the grass to grow & fill up our rainwater tanks, but it isn't nice to ride in and can be squishy underfoot. I have seen some posts on Facebook of members riding in between showers, wow you guys are certainly an inspiration, good on you! I have not ridden since my broken ribs in April, but I can now change rugs and lift the saddle, just need to find the time and motivation to get back in the saddle and continue our journey of personal goals and grow the partnership Ava and I have.

Plans are well underway for the Raidis Estate SA Country Classic, we would like all our members to please put up your hand and offer your services. We will be looking for pencilers, gear checkers and have the odd jobs that pop up during the competition. Pencilling is a great way to learn what the judges look for, gear checking is also an easy task, and all come with easy instructions. If you can spare a morning or afternoon or a full day or two full days, the committee would certainly appreciate it. Lets hope that Covid restrictions ease and we can host this amazing event.

Stay safe everyone, your president Kristy

Committee Chatter

Next Meeting: Wednesday 4 August 6.30pm SA time at Royal Oak Hotel Penola. This meeting is a great social occasion to which all members are welcome.

At the last meeting

- HOY Scoring – Discussion on whether to use placings or percentages for scoring.

All in favor of using percentages.

Scoring will be calculated by using percentages as follows:

Between 60% to 61.999% = 2

Between 62% to 63.999% = 3

Between 64% to 65.999% = 4

Between 66% to 67.999% = 5

Between 68% to 69.999% = 6

Between 70% to 71.999% = 7

72% and over 8 points

Everyone will receive for each test ridden = 1 point

- Discussion was introduced to suggest the Extravaganza could be moved to a new date perhaps the long weekend in March. Weather and celebrations a consideration.
- Entry Fees to be increased \$5.00 to cover Nominate entry, scoring and other associated costs of running our competitions.
- There will be a working bee the week 18th 19th September before the Classic Championships
- Investigations into if there are advantages of a booster aerial for better internet connection at Hynam A volunteer list to be compiled for the Classic Championships

**Club Activity Day
Sunday 25 July 2021
Naracoorte Pony Club Ground,
175 Repeater Station Rd, Naracoorte**



Due to COVID-19 restrictions bookings are essential

An opportunity to get horses out. An arena will be set up so you can take it in turns to practice movements or just arena familiarisation. You just to ride in a different location with friends.

Riders need to be available to help either at set up or pack up

Set Up 10.00am

Pack up end of the day

BYO Food and Drinks

Everyone who attends will need to sign in using the COVID QR Code or paper version.

MSEDC Activity Day - Sunday 25 July 2021

30 minute arena time

MSEDC Members only

Enquiries Email: - treasurer@msedc.org.au

Linda Archer 0427 208 180

Rider Name: _____

Age (if under 21) _____

Address: _____

Contact No: _____

Email: _____

By entering I acknowledge that I will not attend if I am unwell and will follow all club directives in relation to social distancing and personal hygiene Preferred arena time:

Morning Afternoon No Preference (please circle one) I don't need any arena time

This Months Exercise

After a suitable warmup

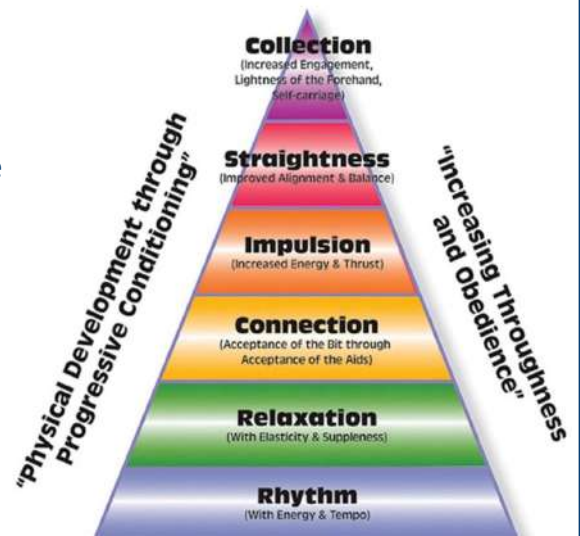
Track right at C in trot or canter,

Taking the 1/4 Line collect your horse as much as possible for your stage of training for a maximum of 10 strides past B, staying straight on the 1/4 line.

10 or 20m circle at A, then ride a correct corner and cross the diagonal to repeat on the other side.

Feel free to lengthen or compress your horse when crossing the diagonal.

Happy riding



30 Days to Fitness... No Way

We humans tend to grossly underestimate what is involved in bringing a horse to a reasonable level of riding fitness. I commonly witness riders believing that, after 30 days, a previously unfit horse has reached a suitable level of conditioning. However, because of the fragility of their vertebral columns, among other things, horses require several months of exercise for their back and abdominal muscles to gain the necessary strength and flexibility to maintain good posture under a rider's weight. It can take up to a year to develop the fitness necessary to handle an hour's worth of walk, trot, and canter in the arena. Yet, how many riders expect this after just one month of "conditioning" their mounts?

Do not be fooled by what you cannot see. Many of us see a large mass of muscle, bone, and brawn when we look at our equine counterparts in comparison to ourselves. But we must not assume they are machine-like in their ability to handle exercise if not slowly and carefully prepared for it. In other words, it's impossible to judge a horse's physical preparedness by what you think you can see on the outside. When the appropriate amount of time is not taken to thoroughly condition a horse, all kinds of postural compromises will result. These negative affects are difficult if not sometimes impossible to correct. So, if I could give equestrians one rule to follow despite their eagerness, impatience, and greed to succeed, it would be this: give your horse one full year to reach optimal fitness.

Consider His Age

Under modern training norms, horses are generally first ridden as two- or three-year olds. Their bodies, particularly the elasticity in their still-forming tendons and ligaments- are very adaptable to exercise in these early years. However, some three-year olds, especially warm-blood breeds, are not developed enough to be ridden above a walk. Some owners fail to realize that the growth plates in the horse's back are the last ones to close; therefore his skeleton and supporting soft tissue are quite susceptible to permanent damage if required to bear the weight of a rider too early. So, when you are determining whether your young horse is ready to be ridden, have your veterinarian help you assess whether the plates in his back, not just his knees (as are most commonly referenced) are closed up enough for work.

As responsible stewards of these noble equine partners, we should heed the above points with any horse under our supervision. As with humans, a healthy back goes a long way in the overall health and athleticism of the whole creature. When preparing the horse's back to carry us, mind the time-tested adage: *make haste slowly*.

Tips from the Judges Seat

CORNERS

- Make them your friend. Use corners to your advantage to balance your horse between movements
- "How many corners did you just ride in your test?"...Riders are uniformly surprised to hear -- at least 15 and up to 24 depending on which test!
- Well ridden corners allow the horse be presented in better balance and outline across the short side of the arena. Often this is the only chance to show the C Judge a side-on view... Use this opportunity to impress.
- Corners and circles or voltes correctly ridden are basic exercises to help develop suppleness, bend and engagement of the inside hind leg, with it stepping further under the horse and taking more weight. This is a basic requirement for collection, & practiced equally on both reins will enhance straightness and uphill balance.... How often do we read "more straightness or bend" or "more uphill" on our tests?
- Judges carefully watch for the correct co-ordination of aids on circles and corners, to assess the rider's ability to influence the horse with appropriate flexion and bend, and to be able to ride the horse forward and straight.

EXTENSIONS

- Riders should be encouraged to try counting strides over a set distance (eg. from S to V) and to be more aware of tempo when lengthening strides or developing extended paces. There should always be fewer strides, not more.
- Once confident of balance, show greater risk and ground cover for higher marks
- Show clearer definition in transitions, especially at the end of medium or extended lines, rather than fading towards end. No clear transition at the end is an easy way to throw away marks.
- **Look at your test papers - these not only highlight strengths, but often reflect areas that repeatedly earned lower marks. These are indications that this area of training needs to be addressed to ensure progress**

COLLECTIVE MARKS

When considering the last two collective marks, submission and rider, judges do not only pay attention to the specific movements within the test, but also take into account how corners and transitions are executed. They also take note of any clear and appropriate preparation before each movement, or change of pace or direction.

These last two marks are heavily weighted, both carrying a co-efficient. They give an overall picture of the understanding between horse and rider, and the correct basic training.

HOW TO GET THE EASY MARKS

- Ride accurate lines
- Smooth balanced transitions
- Remember your test. Errors are expensive
- Be well prepared
- Be on time
- Be focused



Lucy Williams Clinic
Saturday 21 and Sunday 22 August 2021
Naracoorte Pony Club Ground,
175 Repeater Station Rd, Naracoorte

Lucy Williams has 20 Years of Equestrian Coaching Experience. After leaving school Lucy went to Wellington Riding with Robert Pickles FBHS to gain her BHS AI (1994) in an intensive 3 month training/exam programme. This initial qualification led to travel to Australia, working for a World Cup Showjumper, Movie Horse Trainer, Eventer and a Show Rider. On returning to England she worked at a hunting yard, a thoroughbred stud/racing yard, gained her LGV license and did some horse transporting before moving on to Ingestre Stables with Rob Lovatt FBHS and Tim Downes FBHS where she achieved her BHS II in 2002. It was not long after achieving this that Lucy moved up to Yorkshire to work for Christopher Bartle FBHS (current Performance Coach of the British Eventing Team and former joint German 3 Day Eventing National Team Trainer) and Jane Bartle Wilson BHS I. Lucy passed her Equitation and Teaching (now Senior Equitation and Coaching) in 2007 and in 2010 returned from Australia (after moving there in 2008) to pass the Stable Managers to achieve her BHS I.

Lucy also holds the IGEQ Level 3 Equestrian Coach's Passport and is an accredited "Ride With Your Mind" coach. Lucy assists riders to realise the influence of their position on their horse's way of going.

Having been through the British Horse Society exam system Lucy has a solid foundation of thoughts and beliefs on teaching and coaching. Ongoing training and continuous evaluation of current training methods used by both herself and others build on this foundation. Lucy regularly trains with various coaches and Mary Wanless (RWYM) in the UK to improve and update her equestrian skills and coaching methods. She believes keeping an open mind is extremely important in the continual development of our abilities.

Lucy has evented to intermediate level. Her ability to explain and never make the rider feel inadequate but to always build on the positive creates confidence in her riders. Down to earth, fun and encouraging, Lucy likes to create an environment that brings out the best in all her clients, whatever their level.

Private Lessons (45min)	Members \$80	Non Members \$90
Semi Private (45 min)	Members \$60	Non Members \$70
Group of 3 (60 min)	Members \$50	Non Members \$60

Lessons can be either flat work or poles based

**Priority for Bookings will be given to MSEDc members
One lesson per day per horse unless extra places available**

BYO Food and Drinks

**Everyone who attends will need to sign in using the COVID QR Code
or paper version.**

Yards and camping available at no charge

MSEDc AGM will be held at lunchtime on Sunday 22 August 2021

**Enquiries please ring Linda Archer 0427 208 180 or Kristy Boord
0417 361 269 or email treasurer@msedc.org.au**

Applications Close: Monday 9 August 2021

Times will be advised Wednesday 18 August via email





MSEDC Lucy Williams Clinic Booking Form

Saturday 21 and Sunday 22 August 2021

Entries to: - treasurer@msedc.org.au

Linda Archer 0427 208 180

Applications Close: Monday 9 August 2021

(one horse per form please)

Rider Name: _____

Age (if under 21) _____ Horse: _____

Address: _____

Contact No: _____

Email: _____

MSEDC Member

Non Member

	<u>SATURDAY</u>		<u>SUNDAY</u>	
	<u>FLAT</u>	<u>POLES</u>	<u>FLAT</u>	<u>POLES</u>
<u>PRIVATE (45MIN)</u>				
<u>SEMI PRIVATE (2 - 45MIN)</u>				
<u>GROUP (3 – 60MIN)</u>				

If Semi Private or Group, please indicate who you would like to be grouped with.

This will be accommodated where possible

I will be camping YES NO

Total Cost \$ _____

Please pay by DD to Mid South East Dressage Club BSB: 633 000 Account No: 151 424 926

Please use LWClinic plus surname as the reference. Entries will not be accepted until payment received.

Priority for Bookings will be given to MSEDC members and on the order received.

How to watch the equestrian events at Tokyo

Equestrian competition at the Tokyo 2020 Olympic Games begins this Saturday with the first day of Grand Prix competition (first horse inspection the day prior). All televised coverage of the Olympics in Australia is via Channel 7 and will span all channels, including 24/7 coverage on 7Plus. The viewing schedule for equestrian is yet to be announced.



The equestrian competition timetable for the Tokyo 2020 Olympic Games is as follows, please note timings are listed in JST

Friday, 23rd July

9:30, Equestrian Park, Dressage 1st Horse Inspection
(10:30 AEST)

Saturday, 24th July

17:00, Equestrian Park, Dressage Grand Prix Team and Individual Qualifier Day 1
(18:00 AEST)

Sunday, 25th July

17:00, Equestrian Park, Dressage Grand Prix Team and Individual Qualifier Day 2
(18:00 AEST)

Monday, 26th July

No competition

Tuesday, 27th July

17:00, Equestrian Park, Dressage Team Grand Prix Special
(18:00 AEST)

Wednesday, 28th July

10:30, Equestrian Park, Dressage 2nd Horse Inspection
(11:30 AEST)

17:30, Equestrian Park, Dressage Individual G P Freestyle
(18:30 AEST)

The 2021 Winter Series

All rapt up on yet another beautiful sunny day, perfect conditions for everyone to enjoy a day of dressage and mingling.

An important day in the history of the club with the introduction of scoring via the judges car. Thankyou to the pencilers who made the leap over to fingers in lieu of pencils/pens. To all the Judges who made so many important decisions of the course of the event. To the movers and shakers on the Committee who pull the whole thing together, we all thank you.

The members who participate and help with the things that make it a success we all thank you.

Congratulations to those who were sashed Champions of their levels. Congratulations to every one who improved and / or achieved a PB. Congratulations to everyone who identified what they need to work on to achieve a better score and a better



Scorers certainly didn't look stressed.

Smiles all round. In fact when asked, "how's it going" the answer was "well it feels a little weird not racing around and stressing!"



News hero's get acquainted



Lunch time relaxation



Feeling chuffed with the results



Welcoming and gear checking

Winter Series Results Round 3

		PREP D		PREP C	
RIDER	HORSE	%	Place	%	Place
Lucinda Bennett	WYNARA SPICE GIRL	65.263%	1	63.750%	1
Emma Gallagher	Fox By Zerprise	60.789%	2	61.000%	2
		Prelim 1B		PRELIM 1C	
RIDER	HORSE	%	Place	%	Place
Michelle Greene	FOURWINDS DOUGLAS	65.357%	2	63.571%	2
Kate Dennis	FIDELIUS	63.750%	4	62.143%	5
Ella Crocker	FOURWINDS UNION JACK	59.821%	6	57.143%	6
Andrea Riedel-Carrison	HI PINE CONQUEST	64.286%	3	63.393%	3
Lindy Young	COORAMIN GAZELLE	62.143%	5	63.393%	4
Georgia Smith	RED	59.286%	7	53.214%	8
Janet Watts	MISTER EDZ NANGA MAI	55.714%	8	55.357%	7
Elisabeth Marcus	ARIA INDULGANCE	65.536%	1	69.821%	1
		NOVICE 2C		NOVICE 2B	
RIDER	HORSE	%	Place	%	Place
Trinity Watson	ACCOLADE	scr		50.441%	4
Nat Roberts	SVENSKA KYRA	64.857%	1	67.206%	1
Judy Jenkin	FINNIUS	63.571%	2	63.088%	3
Elisabeth Marcus	ARIA INDULGANCE			66.471%	2
		ELEM 3B		ELEM 3C	
RIDER	HORSE	%	Place	%	Place
Sarai Jenkin	SMOKEY RIVER CHIEF	56.750%	1	58.049%	1
		ADVANCED 5B			
RIDER	HORSE	%	Place		
Ann Dodd	WELTMAYA	65.946%	1		
		HRCV 3.3		HRCV 3.4	
RIDER	HORSE	%	Place	%	Place
Joanne Ancrum	WOODY	61.552%	1	48.793%	1
		HRCV 4.3		HRCV 4.4	
RIDER	HORSE	%	Place	%	Place
Lisa Hurrell	ANY GIVEN GLASS	51.250%	1	50.200%	1
		HRCV 4.3		HRCV 4.4	
RIDER	HORSE	%	Place	%	Place
Jessica Winter	DARCY	54.048%	1	61.190%	1



2021 MSEDG WINTER SERIES CHAMPIONSHIP POINTS

PREPARATORY			TOTAL POINTS
Lucinda Bennett	Wynara Spice Girl	1	60
Helen Possingham	Striking Eagle	2	54
Emma Gallagher	Fox By Zerprise	3	51
PRELIMINARY			TOTAL POINTS
Elizabeth Marcus	Aria Indulgence	1st	60
Michelle Green	Fourwinds Douglas	2nd	57
Kate Dennis	Fidelius	3rd	52
Lindy Young	Cooramin Gazelle	4th	52
Ella Crocker	Fourwinds Union Jack		41
Janet Watts	Mister Edz Nanga Mai		40
NOVICE			TOTAL POINTS
Trinity Watson	Accolade	3	54
Natalie Roberts	Svenska Kyra	1	59
Judy Jenkin	Finnius	2	54
ELEMENTARY			TOTAL POINTS
Sarai Jenkin	Smokey River Chief	1	60
MEDIUM			TOTAL POINTS
Melissa Shaw	Grand Kadenza	1	60
CHILDRENS TEST			TOTAL POINTS
Matilda Bennett	Merlin	1	60
HRCV LEVEL 5			TOTAL POINTS
Jessica Winter	Darcy	1	60
HRCV LEVEL 4			TOTAL POINTS
Carey Blizzard	Mr Hong Kong	1	60
HRCV LEVEL 3			TOTAL POINTS
Andrea Riedel-Carrison	Hi Pine Conquest	1	60
Joanne Ancrum	Woody	2	56

Winners are Grinner



Left

Di Green Winter Series Volunteer Award

Presented to Kate Dennis for enthusiastic dedication to make sure the areas were up .

Right

The Pumpkin Patch Award

Presented to Lucinda Bennett who along with her pony Wynara Spice Girl took all before them with dedication and grace beyond her years



THE SADDLE AS AN ADAPTER

What is the number one point to keep in mind when fitting a saddle to a horse and rider? The saddle *must* fit in motion. When the saddle works as an efficient adapter **in motion** it helps both horse and rider move together in harmony. A saddle must allow for both the horse's back and the rider's back to move correctly in order to set the stage for harmony.

Let's take a look at the horse's back and the variables we need to take into account.

Our primary goal is for the horse to pick up its back and *carry* us rather than move us around. A horse can only accept and carry the rider's weight when his back is relaxed yet flexed, toned without tension. The horse's back is the source of all its movement. Without the ability to use its back efficiently, the horse will move in a manner that creates pain for both himself and his rider.

A horse that is relaxed is better able to balance himself under the rider, which in turn allows the rider to sit more comfortably and be able to absorb the horse's movement correctly. And this then allows for correct and efficient aiding.

A saddle that impinges movement or causes pain and discomfort for the horse creates a hollowed and/or tense back. Once again, this creates pain for both horse and rider.

Riding a horse whose back is hollowed or braced against the saddle and rider contributes to the breakdown of its connective and supportive tissues.

Riding a horse with a hollowed or braced back creates tension in and bracing of the rider's back.

This creates back problems for riders as well as hip and knee problems.

When looking at training and performance, the horse needs to be able to use his back to maintain his balance while keeping the correct rhythm of the gait he is in. Using his back freely and correctly also allows the horse to reach under his center of gravity with each step, which has him moving athletically and efficiently. In addition, what we may believe to be training or disobedience issues with our horses are instead very often saddle fit issues. This can then create a cycle of frustration and misunderstandings between horse and rider.

So what are we looking for in saddle fit with these points in mind?

- The topside of the saddle must fit the rider's pelvis shape and size, his/her leg shape and length and allow the rider to sit in balance while *in motion* on the horse.
- The underside of the saddle must allow for shoulder freedom and back movement of the horse, as well as the most weight disbursement of the rider across his back muscles. The saddle must also protect the horse's spine and connecting tissues as well as not bear weight on his loin area.

Oftentimes, because the rider or the horse has changed or the saddle has changed shape or size and/or a pad has worn out, a once well fitting saddle no longer fits. It is quite difficult to notice changes that have taken place and not infrequently we look elsewhere for solutions to problems we may be experiencing. Experts agree that saddle fit should be checked every 6 - 12 months.

Following are *some* signs of bad saddle fit for both horse and rider.

For the horse:

- Sore Back - White spots on coat - Muscle atrophy on back
- Girthy or fidgety while being tacked
- Will not stand while being mounted
- Behavior issues that cannot be solved through changes in training
- Behavior changes from sweet to grumpy as soon as tack is brought out or tacking begins.
- Cannot concentrate on rider and/or spooky.
- Rushing downhill or towards jumps.
- Tripping or stumbling.
- Unable to round back or use hind end
- Unexplained lameness

For the rider:

- Insecure feel in saddle.
- Upper and lower back pain.
- Seat, hip and/or knee pain.
- Difficult or impossible to maintain balanced, aligned position.
- Seat, legs and hands cannot work independently.
- Struggling to sit back or to come forward in the saddle.
- Cannot move to next level of riding skill.

Trying to determine on your own, if your saddle fits, can be frustrating and quite difficult. It is often best to request the help of a saddle fitter, whether it is the area representative for the manufacturer of your saddle or an independent saddle fitter.

[ZSUZSU ILLES](http://www.zsuzsuilles.com)



Level Assessment in HRC AV

In order to stimulate equestrian sport it is necessary to have meaningful competition between Competitors of similar abilities, to encompass the range between the less competent and the most competent. Within the HRC AV, this is referred to as Level Assessment.

Level Assessment is the vehicle by which all members of the HRC AV have access to fair and safe competition. This system provides a means for members of similar ability to compete together in fair and equal competition.

Assessment is compulsory for those members wishing to compete in Official Events. The minimum period between assessment for a Combination is three months unless a Level Assessor (eg. assessment at an Event) initiates assessment. Members may request to be assessed in any or all of the following disciplines, but their Level may not necessarily be the same in each discipline:-

- a) DRESSAGE
- b) b) SHOW-JUMPING
- c) c) COMBINED TRAINING
- d) d) HORSE TRIALS (EVENTING)
- e) e) SHOWING

The following Levels shall be allocated for Advanced (Hardest – Dressage & Showjumping only) Level 1 (Hardest – all other disciplines) Level 2 Level 3 (Intermediate) Level 4 Level 5 (Least difficult)

Our Club has in the past had to rely on level assessors from interstate. But we are blessed to announce long time supporter, of the club **Amanda Lock**, an EA/HRC AV Dressage Judge has put her hand up to help again and has been studying and attending all the necessary workshops to become a qualified Level Assessor for this region. **Thank you Amanda**



President:

Kristy Boord
0417 361 269
president@msedc.org.au

Vice-President:

Lisa Hurrell
0437119929

Minute Secretary :

Trudi Hodge
secretary@msedc.org.au

Treasurer:

Linda Archer
0427 208 180
treasurer@msedc.org.au

Committee:

Amanda Harrold
Nat Roberts
Helen Possingham
Ann Dodd

Life Members:

Sue Thornley
Margie Stuart

Thank you to Contributors
to this newsletter

Kristy deBruin

Kristy Boord

Linda Archer



<https://www.msedc.org.au>

Website



Find us on
Facebook

