



# Alpha Dressage News

December, 2021

## Suzi's Scoop

Hi everyone, I hope you all had a lovely Thanksgiving and that you are all enjoying this incredibly beautiful weather, isn't it perfect for riding? If you work full time and only see your furry friends in the dark or at weekends, I'm sorry!

We may not have appeared to have done much since the last meeting but rest assured that your board has been busy getting things ready for the fantastic banquet and our calendar for next year.

If you haven't signed up to attend the banquet, please do, there's still time (just)! By not coming you'll miss out on some lovely freebies and opportunities to win prizes, plus great food and a fun evening.

This is your last chance to hunt down the easter eggs. If you find them all from all the previous 3 newsletters including this one, email ([adaentries@gmail.com](mailto:adaentries@gmail.com)) or text (2566515950) me to tell me where you found them, you get a chance to win a free ADA 50<sup>th</sup> Anniversary shirt, so happy hunting!

This is your last chance to put your name forward to join the board, we vote at the banquet and would love to have you join in.

Please remember to renew your membership too, I'd hate for you to miss out on our plans for next year! We are striving to make it very much worth your while with discounts for clinics, shows and of course the banquet!

If I don't see you at the banquet, I'd like to wish you all the merriest of holiday seasons and look forward to seeing you all in the new year 😊

Suzi

## Alpha Dressage Officers

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### Members At Large

Betty Brown  
Deb Herbert  
Sue Slaubaugh  
Donna Sloben

We're on the Web!

See us at:

[www.alphadressage.org](http://www.alphadressage.org)

## Upcoming Events...

**December 11, 2021:** Annual Awards Banquet at Palm Aire Country Club

**February 20, 2022:** Schooling Show at Triple J – Bill Woods (R)

**March 20, 2022:** Schooling Show at Triple J - Paulette Stoudt (L)

**May 1, 2022:** Schooling Show at Triple J – Judy Downer (S & WDAA R)

**June 26, 2022:** Schooling Show at Triple J – Heather Stalker (R & WDAA R)

**October 30, 2022:** Schooling Show at Triple J – Judge TBD

## December 11<sup>th</sup> Awards Banquet & Club Celebration

The Banquet is upon us! We look forward to hosting you at the Palm Aire County Club on December 11, 2021 from 6:00 to 9:00 pm. Appetizers will be served promptly at 6:00 pm and dinner will start at 6:45 pm. Remember there will be a cash bar for all alcoholic drinks. Bring a pen for a fun cocktail hour game and ADA will be selling embroidered shirts payment via check or Venmo will be accepted.

Palm Aire Country Club  
5601 Country Club Way  
Sarasota, FL 34243

### Directions

Palm Aire Country Club is nestled in the middle of the well-established Palm Aire Community. They are situated 2 miles east of U.S. 301, and 2 miles west of I-75 on the north side of University Parkway.

Take U.S. 301 or 41 to University Parkway, go east and turn into the Palm Aire community entrance (Whitfield Avenue). Proceed north on Whitfield Avenue and left (west) at the first traffic light, (Country Club Way) and follow the signs to the clubhouse.

Take I-75 to University Parkway Exit 213 (old Exit 40), go west 2 miles to the Palm Aire community entrance (Whitfield Avenue) and follow the signs to the clubhouse.

Direct all questions to Danielle Ammeson who can be reached at (941) 321-2469 or [dammeson@gmail.com](mailto:dammeson@gmail.com).

## Membership Renewal Time!

Our membership year starts December 1<sup>st</sup>! Help us get an early start to get our roster in to USDF. The form can be found at the end of the newsletter. You can bring your form and cash or check to the next meeting if you find it convenient. Martha's mailing address is on the form also.

## A Thank-You to All Our Volunteers!

By Donna Sloben

As the year draws to a close, I want to take some time to acknowledge all the volunteers who helped to make this another successful show season! As I've said many times, we cannot run these shows without the help of all the volunteers. Each and every job is important and all volunteers are appreciated! Many of you volunteered while you showed your horse or coached other riders, some of you volunteered all day, coming to the show and working even though you were not showing. Whichever way you choose to give us your time, we would like to Thank You!

To the many runners, the people who worked the gate, the people who jumped in the help score, the announcers, the scribes, all the people who helped to set up and take down the arena and the floaters who were available to fill in wherever necessary.....a giant THANK YOU!

I'd also like to acknowledge the board members who work together to put these shows on. They work to get the venue, pick the dates and line up the judges. As the show gets close, they need to create the ride times (in my opinion the most difficult of all the jobs), create the packets, label all the tests, put together all the ribbons and prizes and after the shows, report the scores. They also fill in on show day wherever needed.

These shows are a success because of all of you and as we look forward to another show season, we hope to see you out there again and also look forward to seeing some new faces who want to join in the fun!

## November meeting

In November we welcomed Libby Neily who spoke on her mindful horse program. She is based out of Dragonfly Farm in Saddle Creek. This author was too busy listening to record any notes, but basically mindfulness is the awareness of the present moment. It is a practical skill that utilizes the mind, body, processing emotions, and compassion.

The following two paragraphs were taken from Libby's website ([www.dragonflyfarm.com](http://www.dragonflyfarm.com)) and give a helpful overview of what she presented.

**Why Horses?** Simply put, horses are a mirror to ourselves. They allow us to recognize how we are thinking, feeling and acting. Horses, being prey animals, are acutely aware of their surroundings. Their heightened senses offer a unique ability to recognize what a human's *intention* is. In an instant, a horse can scan a person's body language and energy. They are constantly asking the question, "Am I safe with you?" As herd animals, horses seek that safety in others. As we learn to connect with them, we must recognize our emotions and energy. When we make small changes in the way we project, act and feel, the horse gives us instant feedback. This allows us, in real time, to see how the slightest shift in our behavior can change the way we relate to ourselves and those around us.

**Why Mindfulness?** Mindfulness is the key ingredient when we are learning how to recognize and regulate those emotions. It allows us to become more aware of one's thoughts, emotions and experiences. When you recognize and examine those thoughts and feelings, rather than being overwhelmed, you are better able to manage them rather than avoid them. When working with a horse, you must be in the present moment. They are large, thinking beings that require

your full attention. They react to the slightest change and to notice those reactions, we must be fully present and aware. This is why working with horses can be so helpful in teaching mindfulness techniques!



## Mark your Calendars!

# 2022 ALPHA SHOW SCHEDULE

All shows will be held at Triple J Arena in Sarasota, FL



 <b>February 20, 2022</b> Bill Woods R 50th Anniversary Show	 <b>June 26, 2022</b> Heather Stalker R, WDAA R WDAA Recognized Show
 <b>March 20, 2022</b> Paulette Stoudt USDF L Graduate	 <b>October 30, 2022</b> Judge: TBD Halloween Costume Classes Freaky Free For All Freestyle
 <b>May 1, 2022</b> Judy Downer S, WDAA R WDAA Recognized Show	<b>HALLOWEEN</b> <i>Alpha will be hosting clinics through out the year too</i> <a href="https://alphadressage.org">https://alphadressage.org</a>

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**Alpha Dressage Association**

**Membership application for 2022**

**Membership runs from Dec. 1, 2021– Nov. 30, 2022**

NAME: \_\_\_\_\_

Adult \_\_\_\_\_ Junior (18 & under) \_\_\_\_\_ Date of birth for juniors \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PREFERRED PHONE: \_\_\_\_\_

**ANNUAL DUES**

Adult: \$40.00 \$ \_\_\_\_\_

Junior \$30.00 \$ \_\_\_\_\_

Please enclose \$10.00 for a group subscription to HORSE & PONY \$ \_\_\_\_\_

(If wanted) TOTAL \$ \_\_\_\_\_

Please make checks payable to *Alpha Dressage Association*.

Alpha Dressage Association is a USDF Group Member Organization; its members are automatically USDF Group Members.

APPLICANT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

GUARDIAN SIGNATURE OF JUNIOR APPLICANT \_\_\_\_\_

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