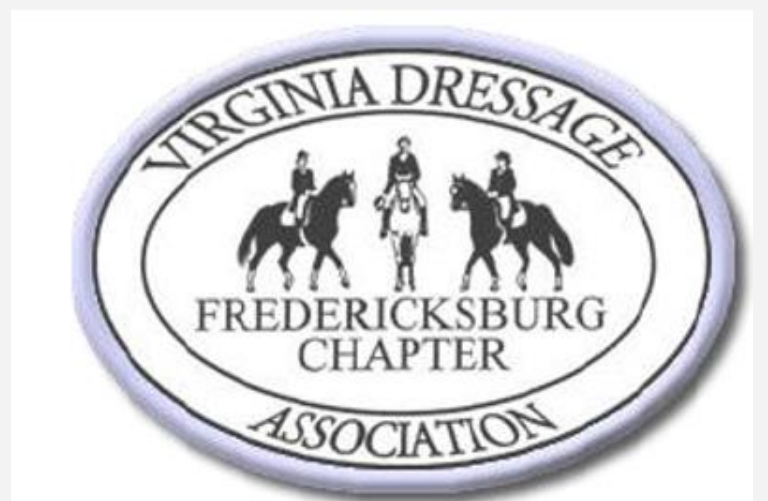


Fredericksburg Chapter of the Virginia Dressage Association April 2023



Collective Remarks

By Anna Fox

Welcome to spring! Our March meeting was wonderful. Lots of good food, camaraderie, and education. I talked about goal setting and Peggy talked to us about the importance of play. Play is not just important for reducing stress, it's also an important part of learning. Humans (and horses) learn better and faster through play. Even though this meeting was designed in the spirit of education, I like to think that it was done with a sense of play. Not only is this atmosphere easier to learn in, but it is also easier to perform in. We all know that public speaking can be a challenge, keeping it playful makes that easier.

Another challenge of public speaking is the dreaded Imposter Syndrome. If you haven't heard about Imposter Syndrome, it is often something experienced by professionals and entrepreneurs. According to the website, BetterUp, "imposter syndrome is the condition of feeling anxious and not experiencing success internally, despite being high performing in external, objective ways. This condition often results in people feeling like "a fraud" or "a phony" and doubting their abilities." While imposter syndrome can make people anxious about public speaking, it can also make people anxious about setting goals and that anxiety removes all the fun and ideas around play. Of course, this condition isn't exclusive to business or public speaking, it's very easy for riders to fall victim to imposter syndrome too! It starts to infect how you feel about success with your horse. Maybe you don't really deserve those ribbons or that bronze medal? You certainly can't sustain this success and will eventually fail to reach any goal you've set. Does this self-talk sound familiar?

How do we keep this from happening? First, know that it happens and call it what it is. Your brain is trying to trick you into thinking that you are a fraud, an imposter. Call your brain out, give that negative talk a name, that way you can address it by name when it wants to speak up. Two of my favorite names I've heard over the years are, brain gremlins (Karen Rohlf) and my personal favorite, the itty-bitty shitty committee (thank you, Jane Pike). If you are having success, own it. As you start to progress and meet your own expectations, anxiety causes you to doubt that you can keep that trend going.

These feelings can cause you to lower expectations or even put off setting goals. Next, stop comparing yourself to others. You are not your mentors, your friends, your trainer, or your horse show buddies (p.s. neither is your horse). Everyone is on their own path, exploring their own journey. There is a wise quote from Theodore Roosevelt: "Comparison is the thief of joy." Keep your joy!

But...if you are just convinced that nothing you do will work and that you will be exposed as the imposter you are, make an experiment. Say to yourself, I'm just running a test, let's see what happens. You may get a positive result!

“A lie can travel around the world and back again while the truth is lacing up its boots.”—Mark Twain.



VADA-F Officers

President: Anna Fox
Vice President: Karen Rice
Secretary: Hannah Bowers
Treasurer: Sharon Ackley

VADA-F Committee Chairs

Membership: Sharnette Atkinson

Awards: Angela/Gracelyn Martinez, Sharnette Atkinson

Licensed Show Manager: Sharon Ackley

Education: Megan Irby, Jamie Ramirez

Volunteer Coordinators: Tara Dean

Adult Team: Teresa Crater

Youth Team: Sarah Grady

Newsletter: Karen Rice

Sponsorship/Fundraising: Chris Balasi, Hannah Bowers

Publicity, Website: Cambray Walmer

State Reps: Anna Fox, Karen Rice

Historians: Barb Ellis, Sharon Kipping

Member Spotlight—Minza Glover

Growing up, my family lived in the Netherlands for 10 years. That is where my love for dressage sprouted, and I started taking lessons there. I moved to Spotsylvania with my husband and son from Little Rock, Arkansas last April. What I love about this area is that it feels like “horse country” here.

At home, I have a Friesian gelding, Thijs, and Nova, a Dutch Warmblood mare. I purchased Nova as a yearling, she is coming 5 this year, and I am looking forward to taking her to her first show this spring.

I really enjoy having the horses at home, along with our three dogs and one cat. When I’m not riding or doing barn chores, I love to travel, enjoy wine, and support Arsenal in Premier League soccer. I am looking forward to meeting members of VADA-F!



Book Review by Karen Rice

I followed the advice of President Anna Fox’s “Twelve Days of Christmas” message (see January 2023 newsletter), specifically the Seventh Day of Christmas, which was to get a copy of a book by Dessa Hockley. The book, “Is your Horse a Rockstar?” is a delightful, easy-to-read book designed to help you understand your horse’s personality. Didn’t know horses could be classified into personality types, similar to people and the Myers-Briggs test? Dessa Hockley did it for horses, describing 16 different horse personality types, ranging from the Rock Star to the Lone Wolf. You determine whether your horse is Dominant or Submissive, Energetic or Lazy, Curious or Afraid, and Friendly or Aloof. You can see that the combination of your answers puts your horse into one of the 16 personality types. The author discusses training techniques and jobs that suit each personality type. The horse-personality illustrations by Dave Elston alone are worth the purchase price of this book. Highly recommended.



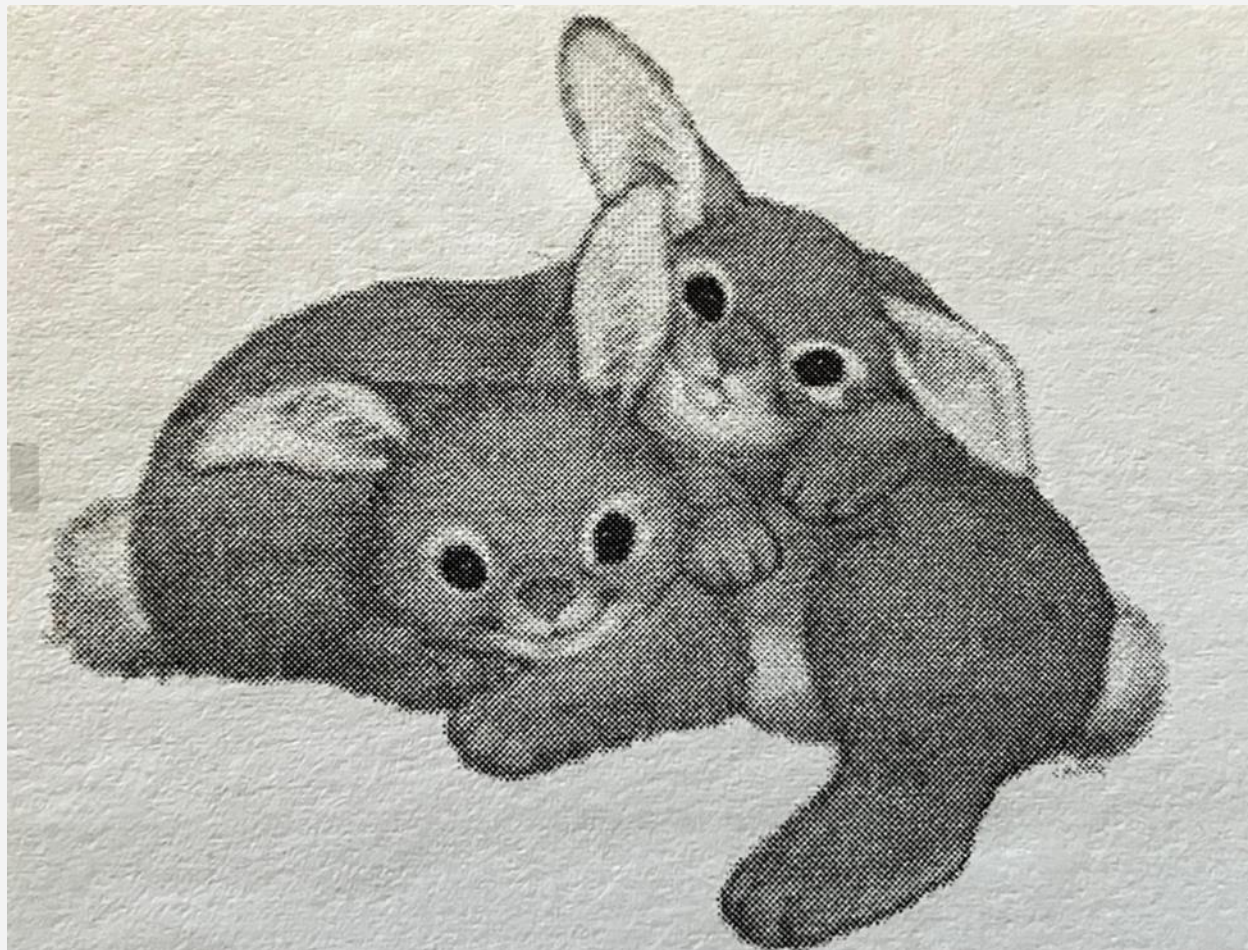
As the years have passed, many facilities have been used by either the VADA or its Chapters for USEF recognized shows. The VADA would like to acknowledge some of them here: Frying Pan Park, Foxcroft Girls School, Virginia State Fairgrounds, Sankt Georg Farm, Foxfield Racecourse, Sweet Briar College, Morven Park International Equestrian Institute, Commonwealth Park, Waldens Stables, Ashland 4-H Center, Hillcrest Stables, South East 4H Educational Center/Airfield Conference Center, Green Hill Park Equestrian Center and the Virginia Horse Center.

The VADA and its Chapters also host numerous schooling shows for riders throughout the year, with many filling two or more rings. Regrettably, the list of facilities is not fully known to this author, but, again, the VADA would like to acknowledge the many facilities that have been generous enough to allow VADA to use them.

Since its inception, the membership of the VADA has been the veritable Who's Who list of Dressage people: USEF judges (r up through O) and Technical Delegates, Olympic Candidates, Young Rider Champions, USEF Dressage Committee Members, International Clinicians and Trainers, Breeders, Instructors, just to name a few and most importantly, you.

Over the last 30 years, the VADA has thrived due to its hard core group of volunteers. They have: Served on the Boards, run the schooling and or recognized shows, hosted the clinics, run the annual banquets, and made sure that the individual VADA member was able to take advantage of the VADA resources and learn more about dressage.

By 1982, there were actually three Dressage Associations in Virginia: The VADA, the Southeast Virginia Dressage Association and the Southwest Virginia Dressage Association. The VADA wanted to eventually make it possible for all Virginia Dressage enthusiasts to come under one umbrella: a mother organization with representatives from each of the smaller groups (SVDA, SWVADA, and the newly created Chapters). In 1983 the mother organization was amicably split into three Chapters (NOVA, Fredericksburg and Central), with each created Chapter receiving at least one dressage arena with letters and a prorated (by membership) amount of cash. The Southwest Virginia Dressage Association joined immediately, to make four original Chapters. The Southeast Virginia Dressage Association later joined, so the vision of one Virginia Dressage Association was complete.



VADA-F Business

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The Fredericksburg Dressage Chapter of the Virginia Dressage Association (VADA-F) is a 501(c)(3) Non-Profit organization created to serve the needs of the dressage community in Fredericksburg and the surrounding area.

The VADA-F's Mission is to:

- Advance the discipline of dressage
- Promote the welfare and care of equines
- Offer and develop educational clinics and seminars
- Sponsor Adult and Youth Teams
- Sponsor an annual Licensed Show
- Support schooling shows

VADA-F is a chapter of the Virginia Dressage Association, which is a GMO of Region 1 of the United States Dressage Federation (USDF); all VADA members automatically become USDF Group Members. The 2023 membership year runs from December 1, 2022 through November 30, 2023.

VADA-F Meeting Minutes—March 5, 2023

Attendance:

Anna Fox, Sharnette Atkinson, Minza Glover, Karen Rice, Jamie Ramirez, Barb Ellis, Nancy Mendonca, Sharon Kipping, Hannah Bowers, Elizabeth Berry (guest of Tara Dean), Tara Dean, Sandra Monolo, Chris Balasi, Peggy Minnich, Cambray Walmer

Meeting Start: 11:12am

Notes:

Membership: 26 individual, 9 youth, 1 youth affiliate, 4 affiliate, total = 40 members

Clinicians

- Musical Freestyle - April Rivers, 60\$ plus mileage for cost
- Jane Kelly \$65 and includes mileage
- Commonwealth park update – arena is potentially getting some attention
- Other Options Great Scott location, Wingreen location
- Carter Bass – Fix a Test (April 1st up the levels)
- May/June Lisa El Ramey will be around if we are interested in a clinic
- Bruno Greber

Group Activity

- Washington International Horse Show – (October 23-29th) Landover, MD.
- Dressage at Devon – (Sept 26 to Oct 1st) would need a van or bus. Potential to also do an overnight stay.

Regular meeting in April 11th Bravo 7pm meeting, be there at 6:30pm if you would like to order food.

Jamie Ramirez – Will do a hands on 'show and tell' in May

Sarah Grady – Motion was made during the meeting to approval her grant.

Custom Saddlery folks potential date – contact Meghan if you are interested in getting a saddle fitting

Musical Freestyle Medals – Separating the awards like the other levels. (Year-end awards) (Gold, silver, bronze) Motion to make the scores the same in line with the other levels the VADAF currently has. A plan will be drafted up to discuss and vote on during the next meeting.

Meeting adjourned: 12:04pm

End VADA-F Meeting Minutes

VADA Meeting Minutes – March 3, 2023

Participating: Sheli King (VN); Alison Douglas (Central); Robyn Nunally (SVDA); Angie Stanaway (NE); Muffin Smith (SWVADA); Nancy Doody (C'ville); Laura Nelson (SWVADA); Anne Draine (NEVADA); Kathleen Kelly (SWVADA); Karen Rice (Fred); Sandy Monolo (NEVADA), Annette Hildabrand (ShenVADA); Diann Carpenter (NOVA) and members Rachel Rice, Lisa Beckwith, and Diane Boyd

Minutes: Laura Nelson made the motion and Anne Draine seconded that we approve the January minutes, and everyone concurred except Annette Hildabrand who abstained.

Treasurer's Report: Via email Jessie reported that our combined balance is \$183,622. This includes all the banquet expenses and the Purple Book. The banquet had an income of \$4,923 with \$2,573 coming in from the silent auction. The Year End expenses were \$10,614 leaving a net expense for the program of \$5,691.

General Chapter Matters: Sheli discussed the fiduciary responsibilities of the board members to protect the assets of the club as well as providing financial transparency to our members. She encouraged any chapter who needed guidance in this regard to reach out so other chapters could share their experiences with various account tracking and show financial reporting programs. Also discussed was a common term to be used by all chapters for members who join multiple chapters. One is their primary and the other is an affiliation

membership. Sheli will review the by-laws to see how membership is described and whether any other changes are needed and report back.

Annual Awards Banquet- Feedback from Nancy Doody and others who attended and were on the call was positive. The committee will be meeting sometime in March for a wrap up and start planning for next year. Nancy Doody is the committee chair and anyone interested in joining the committee should contact her.

2024 Purple Book: We are forming a committee to brainstorm how to put together the online format, talk about security, etc. Anyone interested in joining the committee should contact Sheli. As with any committee, this counts towards volunteer hours. Diann Carpenter and Nancy Doody have already volunteered.

2024 Clinic: This is another opportunity for members to join a committee and earn volunteer hours. Those interested should contact Sheli. First order of business is to establish a date and a facility.

DAL Update: Dates are July 14-16. Dianne Boyd reported that we have an onsite vet confirmed, and awards and hospitality will once again be outside in the same location as last year. The breed show judge will be Kristy Wysoki and she's working on securing the other judges.

GAIG Update: Dates are Oct 5-8. Dianne reported that she's working on securing the officials; some of whom will be new to us. She has already gotten Bill Warren. VHC has no plans to upgrade the northern arena so it will again be schooling. New this year is that freestyles will be split by division. She also told us that the show falls on a parents weekend so make sure all your members know to book hotel rooms early as they will be in short supply.

AOB: The Region 1 meeting is March 9th. If you are a GMO/PMO rep, please be on the call. Voting for the locations of the Region 1 Championship (does NOT have to be hosted by a GMO) and the CBLM (does have to be hosted by a GMO) will take place. Laura Nelson asked how other chapters handle schooling shows that are at farms in the area but not run by the local chapter when members of a chapter like to participate and perhaps use the scores for local chapter awards. Chapter reps discussed how their individual chapters handle.

Chapter Updates: PLEASE MAKE SURE YOU ARE SENDING INFO TO NANCY DOODY FOR THE WEBSITE

Central- Clinic with Bruno Greber March 11th at Oakdale Equestrian Center. Decades of Dressage Schooling Show on March 18th at Saddlebrook.

Charlottesville- They are having an "Up the Levels" clinic with Carter Bass for the new tests April 1-2, 2023. The first day will be for levels 1-4 and the second day will be FEI. The clinic will be in Afton and open to everyone. April 15th and 16th they have having a MFS clinic with Terry Gallo at Stave Mill Farm in Esmont. They are also having a Michael Bragdell Clinic at Afton Stables April 26-27.

Fredericksburg – They are planning a clinic with Jane Kelly date tbd.

NEVADA – They are going to have 9 schooling shows this year and upcoming clinics with Nancy Lowey and Jane Kelly.

NOVA – On March 18th they will be having a fix a test clinic with Donna Gatchell and a schooling show at Morven on March 19th. Licensed show on April 8th. June 10-11 is their Summer Dressage Festival. July 26-29 is their dressage camp.

ShenVADA – They are having a clinic April 22 at Lighthouse Farm with Rose Pellasic.

SVDA- Schooling show March 26th at Pleasant Ridge in VA Beach. Also upcoming schooling shows April 23, May 21, June 18, July 9, July 30, Aug 27, Sept 24 and Oct 29.

Southwest- On April 23rd and June 4th they are having schooling shows combined with BREA at Green Hill Park.

NEXT MEETING April 18th AT 8pm

Meeting adjourned at 9:02 pm.

Respectfully submitted by Alison Douglas

End VADA Meeting Minutes

Upcoming Events:

April

1, VADA-CH Up Through the Levels with Carter Bass, Afton Stables, Afton
11, **VADA-F** meeting, Bravo!
15-16, Freestyle clinic with Terry Gallo, Stave Mill Farm, Esmont
22, VADA-CH schooling show, Stuart's Draft
26-27, Michael Bragdell clinic, Afton Stables, Afton
29-30, VADA-CC, Dressage at the Meadow I and II, Doswell

May

18-21, Mid-Atlantic Dressage Festival, Lexington

June

17-18, ~~VADA-CH, Isabel De Szinay Dressage, Culpeper--CANCELLED~~
21, CDCTA Dressage at Great Meadow, The Plains
25-26, Youth Competition, Culpeper, Lehigh Valley Dressage Association (<https://www.lvda.org/youth-dressage-team-challenge>)

July

14-16, VADA Dressage at Lexington

August

12, VADA-CH schooling show, Grayson Farm, Scottsville
23-24, ERAHC Virginia Classic Dressage I and II, Lexington

September

9-10, **VADA-F** Dressage at Rose Mount I and II, Spotsylvania

October

5-8, USDF Region 1 GAIGs, Lexington





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