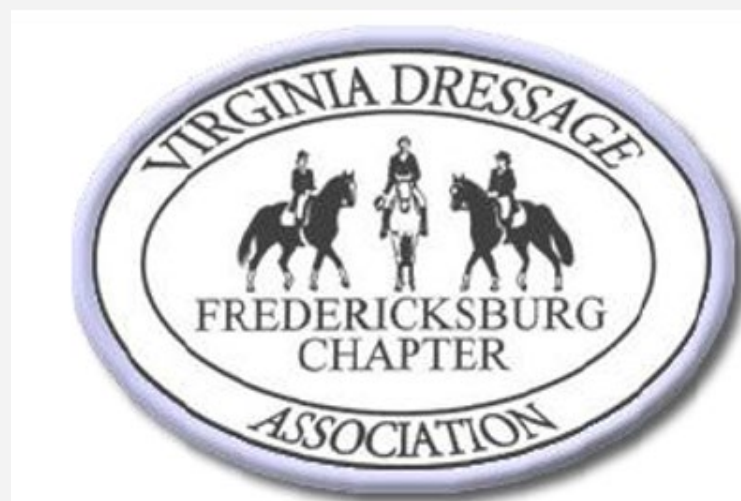


Fredericksburg Chapter of the Virginia Dressage Association

January 2023



Collective Remarks

By Anna Fox

HAPPY NEW YEAR!

I hope everyone had a safe and happy holiday season, but don't go rushing off into the new year just yet. Did you know that we are still amid the Twelve Days of Christmas? For my business pages this year, I've been sharing twelve things that I have found helpful in my journey to find harmony with my horses (and fellow humans). I thought I would share them with you too! Once the Twelve Days are complete, look forward to our awards luncheon. We will also have a business meeting during the lunch, so if you need to get a meeting in for 2023 awards, this is the time! The luncheon date is January 28. Look for details in the newsletter (p. 3).

Without further ado, here is my list of gifts to yourself or other favorite horse person over the Twelve Days of Christmas (some of them are even free).

On the First Day of Christmas, give the Journey On podcast with Warwick Schiller a listen. Find it anywhere you listen to pods. He interviews horse people from all walks of life. While the conversations revolve around horses, Warwick prompts the guests to share their stories of self-development, which helped them find attunement with their equine partners.

On the Second Day of Christmas, check out <http://summit.warwickschiller.com/> for a summit involving the guests from Season 1 of the Journey On podcast. Day one is well worth the cost of this livestream recording!

(President's message continued on p. 4)

**“If you knew how much work went into it, you wouldn't call it genius.”—
Michelangelo Buonarroti**



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Annual Awards Luncheon and Social



**Saturday, January 28, 2023
12:00 p.m.**

6 Bears & A Goat Brewing Co.
1140 International Parkway
Fredericksburg, VA 22406

Please join us for the Annual Awards Luncheon. All club members and their family/friends are invited as this will be a wonderful opportunity to socialize and celebrate our club member's successes for 2022!

Appetizers will be provided. Attendees are free to order lunch and drinks on their own.

If you plan to eat lunch, please arrive at noon.
Awards ceremony to start at approximately 1:00 p.m.

There will be a chapter meeting prior to the luncheon starting at 11:00 a.m.

RSVP by January 14, 2023 to vadafredericksburg@gmail.com
or call or text (540)220-8484

President's message, continued from p. 1

On the Third Day of Christmas, grab a copy of the book "Horse Wisdom" by Kim Hallin (or crack it open and read it if you already have a copy ;). This book will give you ideas on how to deal with human life from the perspective of horses and nature. It's an easy, fun read.

On the Fourth Day of Christmas, check out Kim Hallin's YouTube channel. It's a wealth of free information on horse (and human behavior) and how we can work through the challenges of life together.

On the Fifth Day of Christmas, follow Riding Far on your favorite (or all) of your social media platforms. Riding Far is the company Paul Haefner and his son share. Remember Paul? He did our sports psychology seminar last year. Paul and his son, Justin, are always sharing tips on horse and human psychology that will enhance your feed.

On the Sixth Day of Christmas, join MY Facebook group called Powerful Equestrian Partnerships. I share posts from all over about how to make the most out of the horse/human relationship and up level your riding.

On the Seventh Day of Christmas, grab a copy of Dessa Hockley's book "Is Your Horse a Rockstar?" This book is as fun as its title sounds, but it also gives you insights on how to best work with YOUR horse.

On the Eighth Day of Christmas, check out the Confident Rider podcast. It also is free wherever you find your pods. Jane Pike does a fantastic job guiding riders through the process of becoming more confident and explaining why our bodies don't always follow our brain's intention.

On the Ninth Day of Christmas, get a copy of Karen Rohlf's book, "Dressage Naturally, Results in Harmony." As said by Anne Gribbons, 5* International Dressage Judge and one of Karen's mentors, "it will be worth your while to go on this journey to widen your horizons. As Karen points out, dressage is a dynamic, rather than static goal.

On the Tenth Day of Christmas, get into the Dressage Naturally Video Classroom! What are you waiting for? You have free access as a member of VADA-F.

On the Eleventh Day of Christmas, sign up for the Equus Enlightened Patreon community. You can join at several different tiers, with as little as \$5 per month. You'll find everything from lessons on horse ethology to rider performance and ALL the blogs I've written. My goal with this community is to help everyone find joy and harmony in their equines.

On the Twelfth Day of Christmas, resolve to have an open mind about your journey. Dressage should be fun! Horses should be fun! Learn to be the best version of you for your horse, so your horse can be the best version of themselves.



VADA-F Business

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—No December meeting

End VADA-F Meeting Minutes

VADA Meeting Minutes – No November or December meeting

End VADA Meeting Minutes

Upcoming Events:

January

28—VADA-F Awards Meeting, 6 Bears and a Goat, Stafford (see p. 3)

February

5—VADA Awards Meeting, Greencroft Club, Charlottesville, 11-2. On-line registration required: [Year-End Awards Recipients and Banquet | My Site 3 \(viriniadressage.org\)](#)

April

1-2—Up Through the Levels with Carter Bass, Afton Stables



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