Collective Remarks

By Anna Fox

Why is CHOICE Important (to horses)?

Every day, I hear people anthropomorphize their horses. While I think this is totally normal behavior and do it myself on occasion, I think it is very interesting that most people don’t apply the human’s most coveted rights to their horses. Are you asking: what rights?! Well, what we, humans, think separates us from the animal world -- freedom of choice.

This topic is difficult to write about and even more difficult for some of us to think about. Why? We’re insecure, that’s why. If we give our horses a choice, will they choose to be with us? The easy answer – sometimes, sometimes not. What’s the advantage of allowing the sometimes not? Do you force the humans in your life to hang out with you whenever, wherever you say? Probably not. Allowing your horse choice builds trust. It’s also more appropriate to the horse’s way of thinking. Horses are not inherently codependent. They do not measure their worth based on the opinions of other horses (or humans). Horses communicate clearly their own individual boundaries. Often, in our relationships with them, we force the horse into a codependent state. This causes stress, and just like in humans, chronic stress is debilitating.

Collective Remarks, continued

This chronic stress can lead to a whole host of equine problems. From behavior issues to lameness, stress causes an inflammatory response in the body. This can make horses hurt, which might show up in a lameness or a seemingly bad-tempered horse. In my experience, horses enjoy their time with their humans, especially if a state of clear boundaries, trust, and communication exists. So, the next time you have a feeling your horse isn’t feeling it today, turn around and go home, or clean your tack. Your horse will thank you later!

“Remember that riding is not a sport of strength, but of coordination, balance, and feel.” —Susanne von Dietze

VADAF Officers

President: Anna Fox
Vice Presidents: Barbara Ellis and Karen Rice
Secretary: Hannah Bowers
Treasurer: Sharon Ackley

VADAF Committee Chairs

Membership, Awards, Website: Sharnette Atkinson
Licensed Show Secretary: Bettina Longaker
Licensed Show Manager: Sharon Ackley
Education and Clinics: Megan Irby and Sarah Grady
Volunteer Coordinator: Britt Harmon
Adult/YouthTeam Coordinators: Teresa Crater/Sarah Grady
Newsletter: Karen Rice
Fundraising: Hannah Bowers
Publicity Chair:
State Reps: Anna Fox, Joanne Collins
<table>
<thead>
<tr>
<th>VADAF New Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tara Dean</td>
</tr>
<tr>
<td>Annmari Ingersoll</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VADAF Returning Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Britt Harmon</td>
</tr>
<tr>
<td>Sara Worsham</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VADAF Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharon Ackley</td>
</tr>
<tr>
<td>Sharnette Atkinson</td>
</tr>
<tr>
<td>Christine Balasi</td>
</tr>
<tr>
<td>Hannah Bowers</td>
</tr>
<tr>
<td>Debbie Bowman</td>
</tr>
<tr>
<td>Debra Carter</td>
</tr>
<tr>
<td>Joanne Collins</td>
</tr>
<tr>
<td>Teresa Crater</td>
</tr>
<tr>
<td>Lottie Crawford</td>
</tr>
<tr>
<td>Roberta Dascoli</td>
</tr>
<tr>
<td>Tara Dean</td>
</tr>
<tr>
<td>Barbara Ellis</td>
</tr>
<tr>
<td>Susan Glisson</td>
</tr>
<tr>
<td>Sarah Grady</td>
</tr>
<tr>
<td>Britt Harmon</td>
</tr>
<tr>
<td>Taylor Heldreth</td>
</tr>
<tr>
<td>Annmari Ingersoll</td>
</tr>
<tr>
<td>Megan Irby</td>
</tr>
<tr>
<td>Karen Itin</td>
</tr>
<tr>
<td>Melissa Jamison</td>
</tr>
<tr>
<td>Sharon Kipping</td>
</tr>
<tr>
<td>Lorraine Klepacz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VADAF Members (continued)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gracelynn Martinez</td>
</tr>
<tr>
<td>Pat McGovern</td>
</tr>
<tr>
<td>Nancy Mendonca</td>
</tr>
<tr>
<td>Peggy Minnich</td>
</tr>
<tr>
<td>Anna Mitchell</td>
</tr>
<tr>
<td>Ella Nuckols</td>
</tr>
<tr>
<td>Paige Nuckols</td>
</tr>
<tr>
<td>Karen Rice</td>
</tr>
<tr>
<td>Tara Schillumeit</td>
</tr>
<tr>
<td>Rachel Sigler</td>
</tr>
<tr>
<td>Kristine Slovis</td>
</tr>
<tr>
<td>Barbara Snapp</td>
</tr>
<tr>
<td>Cambray Walmer</td>
</tr>
<tr>
<td>Sara Worsham</td>
</tr>
</tbody>
</table>
Hello VADAF! I recently attended “For the Love of the Horse, Transform Your Business” seminar hosted by Karen Rohlf February 12-13. It was an amazing two days, and I learned so much; not to mention it was in Florida and 86 degrees! Even though this seminar had a focus on business, I would like to share a couple of thoughts we can apply to our riding and VADAF.

**Transform your Ride:**
One thing Karen talked about was to be more intentional about setting the time you want for barn time. (Example): On Saturday, I am going to the barn from 9am-11am, instead of showing up at the barn and not having a time schedule and plan for what you want to accomplish there. To do this you can treat your horse hobby more like a job. Set aside time on the calendar for certain items you want to get accomplished during the week, like cleaning tack, reading a horse-related book, riding, washing your horse, going to a clinic, etc.

Another discussion we had was about participating in more group lessons. Knowing that there is always a great benefit to private lessons, I wanted to share some cool points about group lessons. Group lessons allow for comradery, getting to know new folks, learning from others, watching others ride, and getting a different perspective. I personally would love to start adding a group lesson to my riding education every now and then, which would allow me to widen my exposure and knowledge from a couple of different points of view. Maybe other members in the club would want to join me?

**Transform our VADAF Club:**
At the seminar we also talked about the benefits of using networking with the horse community that is in our local area. I would love to extend this idea as an invitation to reach out more to our own club members. A couple of tools that the club already has are the VADAF Facebook page and the monthly Newsletter. I encourage you to use these as safe places to post questions, help each other solve problems we might face, create events to go to together, and communicate more with one another. We are such a skilled and impressive group who knows so much about this horse world. Let us make an effort to share this knowledge we have worked so hard to obtain; it would be a shame not to! Sharing more can also serve as a welcoming gesture to new club members who may be intimidated to jump into VADAF and as well as the sport of dressage. I believe if we communicated more with each other during the week online or in group outings, our knowledge, friendships, and comradery in the sport will grow. I want to challenge those who are interested to post an idea, article, question, horse show, event, or even a tip once a month. I am going to start leaving some questions once a month on the Facebook page to get started. Hope to hear from you all online!

Hannah (left) is smiling because she set her intention to ride her horse Queen…..and it worked!
Get a Jump Start on Show Season

DRESSAGE CLINIC with MATT McLAUGHLIN
https://matt-mclaughlin.com/

Glamorgan Manor, Doswell, VA
March 7-8, 2020
$140 per lesson, currently full
Overnight stabling $20, Facilities fee $20, Free auditing

Riders of all levels through Grand Prix are welcomed. Beautiful indoor facility with GGT footing. Bring your horse and enjoy a full weekend of dressage training. Contact Susan Glisson to be placed on the waiting list. Text or call (804)-922-1016 or email spglisson@aol.com.
The Fredericksburg Dressage Chapter of the Virginia Dressage Association (VADAF) is a 501(c)(3) Non-Profit organization created to serve the needs of the dressage community in Fredericksburg and the surrounding area.

The VADAF’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

VADAF 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 2020 membership year runs from December 1, 2019 through November 30, 2020.

Next VADAF meeting: March 10th, Denny’s at 5325 Jefferson Davis Hwy, Fredericksburg

Upcoming Events:

March 7-8, Dressage Clinic with Matt McLaughlin, Glamorgan Manor, Doswell, spglisson@aol.com

March 7, VADANOVA clinic, Dr. Janet Sasson Edgette, “Harness your mind to help your riding” http://www.vadanova.org/show/prize/list/2020/Other/HeadsUpClinicFillable.pdf

March 8, Mitchell Dressage Winter Series, Vintage Valley Sporthorses http://www.mitchellds.com/

April 1, rider applications due for VADA symposium (June 27-28)

April 25, clinic with Carter Bass, Afton Stables, Afton

May 2-3, VADA-CC recognized show, Doswell https://www.vada-cc.org/

May 23-24, VADA-CH recognized show, Culpeper https://vadach.org/wp/

June 13, VADANOVA fix-a-test clinic, Compass Rose Farm, Haymarket http://compassrosefarm.com/Shows/index.html

June 27-28, USDF Region 1 Youth Dressage Team Challenge, Culpeper [contact Jennifer Koch (youthprogram.coord@lvda.org)]

June 27-28, VADA George Williams and Bill Warren symposium; Stave Mill Farm, Esmont

July 10-12, VADA Dressage at Lexington

July 22-25, VADANOVA Dressage Camp, Frying Pan Park, Herndon

August 15, VADA Chapter Challenge, Mane Gait Farm, Natural Bridge

September 12-13, VADA-F Dressage at Rose Mount Farm, Spotsylvania

September 22-27, Dressage at Devon, Devon, PA

October 8-11, GAIGs, USDF Region 1 Championships, Lexington

October 23-25, CBLMs Championships, Williamston, NC

November 21, VADACH schooling show, Brookhill Farm, Charlottesville

VADAF Meeting Minutes

No February 2020 Meeting
VADA MINUTES – MEETING 2/7/2020
Greencroft Club
Charlottesville, VA

Members present: Bettina Longaker, President (C’ville), Sheli King, V-President (NOVA), Alison Douglas, Secretary (Central), Jessie Ginsburg, Treasurer (NOVA), Sherri Booye (C’ville), Nancy Lowey (C’ville), Sandy Tobey (SVDA), Anne Draine (NEVADA), Jane Palmer (ShenVADA), Beth Rippel (SDVA), Robyn Nunally (SDVA), Diane Nathan (NEVADA), Angie Stanaway (NEVADA), Joanne Collins (F’burg), Alex Jeffers (Central), Bethany Larson (Central), Lynda McCann (Central), Rachel Rice (NOVA), Penny Hawes (C’ville), Heidi Jo Gayle (Central), Shaleena Arreguin (C’ville), Nancy Doody (C’ville)

The meeting was called to order at 10:05 am.

Anne Draine made the motion to accept the minutes from the last meeting. Sherri seconded and the Board approved unanimously.

Treasurer’s Report - Jessie reported balances of $115K which doesn’t include most of the cost of the banquet.

2020 Chapter Challenge - The board would like to thank Meredith for her work as committee chair. We will need to find a new chair for 2021. Sandy Toby and Robyn Nunally agreed to be co-chairs for us. Tina will look into making the 2020 show a USDF schooling show.

DAL - As there aren’t enough breed shows to support it, there will no longer be a Bred In VA breed show award. We will continue with the SHAC TOC as that seemed to work well last year. Jessie brought up that the manager and secretary were being paid a flat fee and not per day. Sandy Toby made the motion to change the payment to day rates of $500 per day. Anne Draine seconded, and the board approved with Tina abstaining.

DAL/GAIG - Nancy Doody will handle awards for both shows and Rachel Rice will be the volunteer coordinator for both shows.

Membership and volunteering - Tina brought up the topic of how we get our current members more invested and how do we attract younger people to join and participate. Jessie brought up the idea of VADA bucks - similar to what NOVA does - as members volunteer, they earn dollars that can be put towards any VADA event EXCEPT licensed shows - so that’s the banquet, chapter challenge, clinics, etc. Anne Draine made the motion and Jessie seconded it that members can earn $10 in VADA bucks for a full day of volunteering and $5 for half a day. The motion passed unanimously. The board will continue to have more detailed discussions regarding the marketing of awards and how we can get chapters to push their members to volunteer for VADA events.

2020 Williams-Warren Clinic - The clinic will be held June 27th & 28th. Sheli is finalizing the budget. She’s also working on applying for grants to help subsidize the cost so that we can charge minimal costs to riders and a modest audit fee. Sheli is also looking for sponsors so please put the word out in your chapters. Contact Sheli if you’re interested in volunteering as well.

USDF Schooling Show Awards Program - Tina passed out the form for VADA reimbursement and the USDF rules and dat.file requirements (for submitting the results electronically to USDF). Chapters should submit their reimbursement requests directly to Tina.

Election of officers - As there were no members interested in running for any of the offices, the present slate was voted on for re-election with current officers abstaining. The officers will remain the same.

The next meeting will be held Wednesday March 11th as a teleconference at 8 pm.

The meeting adjourned at 10:54 am.

Respectfully submitted,
Alison Douglas

End VADA Meeting Minutes
Rider Application Form at this link:


(and appended as next three pages, for your convenience)
Rider Application

DISCOVER YOUR POTENTIAL
BY BUILDING A STRONG FOUNDATION
Exercises to help you maximize your horse’s performance
whether riding before a judge or the mirror
An auditor-friendly clinic with
George Williams and Bill Warren

June 27 and 28 Stave Mill Farm, Esmont VA
(Due by April 1st)

RIDER INFORMATION
Rider Name ____________________________
2020 VADA Member _____yes _____no Chapter ____________________________
Address ____________________________
Phone Home: __________________________ Cell: ____________________________
E-mail __________________________

HORSE INFORMATION
Horse’s Name __________________________
Breed __________________________ Age ______
Sex (Mare, Gelding, Stallion) __________________________

BACKGROUND INFORMATION
At what level are you currently working with this horse?
Schooling ______ Showing ______
(NOTE: THIS CLINIC IS OPEN TO HORSE/RIDER COMBINATIONS AT OR ABOVE TRAINING LEVEL)
How long have you and this horse been working at this level?

________________________________________________________________________

Please describe any particular schooling issues, areas you would like to work on and/or goals you have for this clinic:

________________________________________________________________________

________________________________________________________________________
PLEASE PROVIDE A LINK TO A YOUTUBE VIDEO OF YOU & YOUR HORSE THAT CLEARLY DEMONSTRATES YOUR CURRENT ABILITIES. THE VIDEO SHOULD BE FROM THE 2019/2020 SHOW SEASON OR A SCHOOLING VIDEO FROM THE LAST 12 MONTHS, AND BE NO MORE THAN 6 MINUTES LONG.

FEES: *

2020 VADA Members
$250, includes a lesson, lunch and snacks each day (stabling extra, see below)

Non -VADA Members (PLEASE NOTE THAT VADA MEMBERS WILL HAVE PRIORITY IN FILLING THIS CLINIC)
$350 includes a lesson, lunch and snacks each day (stabling extra, see below)

STABLING
Friday - Sunday $ 75
Day Stall – (subject to availability, weekend stalls have priority) $25 per day
Shavings - $8/bag, must be preordered. You may also bring your own, but shavings only please!

* 50% of the clinic fee is due with the application, with the remainder due upon acceptance

No refunds after closing date, unless we can fill the slot, then full refund less a $25 processing fee

STABLING REQUEST:
I want a stall:

For the full weekend - $75, arriving Friday after noon; ______ arriving Saturday
For a day only - $25/day (day: __________)
I do not need a stall

To be considered, you must submit a complete application, to be received on or before the deadline (April 1st) which must include the following:

- A 50% deposit of the clinic fee (to be refunded in full if the rider is not selected)
- A link to a YouTube video of the horse and rider working at their current level (a video from a show is acceptable but not required. Video must be no more than 6 months old, with a maximum length of 6 minutes.)
- Please email the link to Sheli King at amking91@verizon.net
- Negative Coggins (current through June 28, 2020)
- Documentation of Equine Influenza Virus and Equine Herpes Virus (Rhinopneumonitis)
  vaccinations within 6 months of the clinic
- Signed release (see below)

The remainder of the clinic fee is due upon selection.

Once the clinic fills, we will identify a number of alternates. Please indicate whether you are interested in being an alternate, and if so, the latest you could be notified and still participate:
If you are not selected to ride, do you wish to audit?

_____ Yes, for both Sat & Sun
_____ Yes, for 1 day (day ____________________________)

LIABILITY RELEASE AND ACKNOWLEDGMENT OF FINANCIAL RESPONSIBILITY
I understand that the Virginia Dressage Federation, Inc., and Stave Mill Farm, their staff, the clinic organizers, volunteers, clinician, facility, facility staff, hosting organization, sponsors or anyone acting on their behalf are not responsible for accidents, damage, injury or illness to the horses, riders, spectators, or any other person in connection with this clinic. By signing this form, I agree to abide by all USDF rules and fulfill all financial commitments related to this clinic. Regardless of any agreements between the rider and the horse's owner, the rider, as the clinic participant, is ultimately responsible for paying all applicable fees to VADA and any related fees to the facility hosting the clinic.

________________________________________________________________________
Rider’s Signature  Date

Please return this completed form to:
Sheli King, 111 Yacht Club Way, Apt 112, Hypoluxo FL 33462
If you have any questions, please contact Sheli at amking91@verizon.net or 703—868-9062.

******************************************************************************
FOR OFFICE USE ONLY
Date received ________________________
☐ Membership Verified
☐ Release Form
☐ Coggins (date ______________________)
☐ Notified

☐ Deposit (amt _____________)
☐ Stabling Requested _______yes______no
☐ Selected _______yes______no
☐ Final payment (amt ____________)

******************************************************************************
2020 Membership Form

VADA is a Chapter of the Virginia Dressage Association (VADA). VADA is a U.S. Dressage Federation (USDF) Group Membership Organization (GMO); all VADA members automatically become USDF Group Members. The 2020 membership year runs from December 1, 2019 through November 30, 2020.

Name: ____________________________

Mailing address: ____________________________

Best phone number: ____________________________ circle one: Work  Cell  Home

Email address: ____________________________ USDF # ________________

Membership Category:

_____ Individual (Over 21 years old) ................................................................. $55

_____ Junior/Young Rider (21 years old or less) .................................................... $45

Jr/yr Date of Birth: __________ / __________ / _______ Adult POC: ______________

_____ Affiliate (Member of another VADA chapter) ............................................. $25

If you are a member of another VADA Chapter, which Chapter is your Primary Membership?

_____ Family (Primary Family Member name) ..................................................... $55

_____ Additional Family Member (name, email, USDF#) .................................. $20

_____ Additional Family Member (name, email, USDF#) .................................. $20

_____ Additional Family Member (name, email, USDF#) .................................. $20

_____ Friend (Eligible for educational programs/clinics and Newsletter) ............. $20

Total $ ______________________

Permission to use any photos taken at VADA-sponsored events in newsletter: circle one: Y  N

Permission to publish contact information in VADA materials (newsletter, handbook, etc): circle one: Y  N

Permission to release your contact information to our sponsors: circle one: Y  N

To be eligible for year-end awards, you must volunteer a minimum of 8 hours to VADA. Please see handbook or contact the volunteer coordinator for more information on volunteering.

How can you volunteer? Circle your interest: runner  scorer  show setup/take down  scribe  ring steward officer  other (please specify) ______________

Please make checks payable to VADA and mail to: Sharnette Adkinson, 8431 Heron Pointe Way, Spotsylvania, VA 22551.

Form must be completed in its entirety. Incomplete forms will cause a delay in processing.
The less you respond to rude, critical, argumentative people, the more peaceful your life will become.