

The Contact

Keeping members informed.



INSIDE

- 1 *Calendar*
- 2-3 *Help Wanted Board Openings*
- 4 *From TDF: Valegro's Shoe Auction*
- 6 *Scholarship Report: Stella Uiterwaal*
- 7 *Lancaster Co. Youth 4H Dressage Awards*
- 8 *Classifieds*
- 9 *USDF Renewal Reminder*
- 10 *NDA Banquet Silent Auction Items*
- 11 *14 Dressage Tips from Lisa Wilcox*

Do You Have News?

Please submit your stories and photos to:

newsletter@nebraskadressage.org

November 5-8	US Dressage Finals	Lexington, KY
November 7-8	Western Dressage World Championship Show	Tulsa, OK
November 14	NDA Annual Awards and Banquet	Parker's Smokehouse, Ashland, NE
November 28	Rider Fitness Workshop	The Trade Center - Lincoln, NE
December 2-5	USDF Convention	Las Vegas
December 12	Rider Fitness Workshop	The Trade Center - Lincoln, NE
December 14	Rider Fitness Workshop	The Trade Center - Lincoln, NE
December 14	NDA Board Meeting	Misty's - Havelock

IMPORTANT ANNOUNCEMENT:

If you haven't sent in your Registration for the NDA Banquet on November 14th, please contact Jane Fucinaro ASAP. You're still welcome to come, and we can't wait to see you there. Just let us know how many are in your party, and we will reserve your space!

Help Wanted

Learn more ways to give back to your dressage community.

Help Wanted

Continued...

NDA is ~~looking for~~ **HAS FOUND** a new Membership Chairperson!



Thank you to Angie McClelland, NDA's 2016 Membership Chair! We would like to thank Diana Spaulding for her many years of service to NDA as Membership Chair. To renew or join for 2016, go to www.nebraskadressage.org, click "Membership" and sign up online or mail in your form!

NDA is ~~looking for~~ **HAS FOUND** a new Contact Editor!



Her name is Michaela Schieffer and she is an English graduate from UNL who has professional equine journalism experience as both an intern and a freelance writer at Horse Show Today Magazine, the Paint Horse Journal, Paint Horse Connection, Paint Horse Racing, and Chrome Magazine. She has a lot of experience with horse events and committees, can do equine photography, writes event coverage and human interest articles, and can also manage content and make sure the newsletter gets published on time.

NDA is looking to fill three positions on the board!

This year, we have **3 board positions** to fill—this is an excellent opportunity for you to get involved if you've been thinking about joining the NDA Board of Directors. The positions that will be opening up effective January 1, 2016, are:

1. Term expires in 1 year (through 2016): This Junior Representative position, currently held by Jenae Tilford, is up for election every year. If you are under the age of 21, you are eligible to run for this office. In the event that there is no junior member nominated for this position, it may be filled by an adult member.
2. Term expires in 3 years (through 2018): This position, currently held by Dara Liss, is a 3-year term, up for election as scheduled. The member elected to fill this position is committing to serve 3 years. (Thank you, Dara, for 3 wonderful years on the board!)
3. Term expires in 3 years (through 2018): This position, currently held by Emily Johnson, is a 3-year term, up for election as scheduled. The member elected to fill this position is committing to serve 3 years. (Thanks, Emily, for serving on the board for the past year!)

What are a board member's responsibilities?

You may be wondering, "If I am elected, what exactly will I be expected to do?"

Primarily, you are committing to attend regular NDA Board of Directors meetings in which the board discusses and votes on regular NDA business, rule changes, finances, events, and general management. These meetings are typically once a month and last approximately 2 hours, though special meetings may be called if necessary. Please make sure you are available to attend as many meetings as possible; attending less than half of the meetings in a year will result in automatic removal from the board. There may be other business conducted by the Board of Directors in between meetings via email. (For full details, check out the NDA Member Handbook.)

Basically, this is your chance to help shape NDA into the best, most educational, most successful dressage organization it can be. If you've got ideas, we want to hear them!

How do all the different board positions work?

At the annual meeting, the NDA members will hold a general election to select our 3 new members for the Board of Directors. The newly elected board will confer about which board members are seeking or would accept an officer position (President, Vice President, Treasurer, Secretary). If there are any contested offices (more than one board member seeking an officer position), a written vote will be taken for that position. Otherwise, if only one board member is interested in an officer position, a hand vote by all members will be taken in order to approve each office.

This sounds like something I'd like to do. How do I throw my hat in the ring?

To nominate yourself, all you have to do is send us a short bio describing yourself, your history in the dressage community, and what you might bring to NDA. Before the annual meeting, we will email the bios to the NDA membership to review. At the annual meeting on November 1, you'll be asked to introduce yourself (if you're unable to be present, please arrange to have someone else introduce you on your behalf), and then the election will be held. If you are elected, your term will begin on January 1, and your first NDA meeting will be during that month. And remember—you must be an NDA member in good standing to be on the board, so make sure you renew your membership for 2016! You can do so at the annual meeting or online.


I don't want to run for the board, but I do want to vote.

What do I need to know?

First, if you know anybody you think might make a good board member, PLEASE share this information with them and encourage them to nominate themselves! Then, make sure that you are at the NDA Annual Meeting and Year-End Awards Banquet so that you can cast your vote during the election. If you can't be there, you may assign another NDA member to vote on your behalf (by proxy). Your proxy must be an NDA member in good standing and must be present at the annual meeting. Just fill out the proxy box on the Banquet Registration form.

If you haven't sent in your RSVP, [email Jane ASAP!](mailto:jane@nebraskadressage.org)

Interested? [Submit your bio.](#)



Quickbooks coaching and training for farmers, ranchers, livestock producers, and those serving these agriculture industries.

Like our facebook page at www.facebook.com/klcvision to learn more.

KLC
KATHY LEWIS CONSULTING
VALLEY, NE
www.klcvision.com • 402.677.5273
Kathy@klcvision.com • Facebook: KLC Vision






Photo Credit: © Ken Braddick/dressage-news.com

Join TDF's online auction
to win a piece of

DRESSAGE HISTORY

The winner will receive an
elegantly framed set with:

- Valegro's Shoe from the winning ride at the 2015 World Cup Finals
 - Certificate of Authenticity signed by Carl Hester
- Photo of Valegro autographed by Charlotte Dujardin

*All Proceeds to Benefit
TDF's Karen Skvarla Fund
for Young Professionals*



HOW TO BID:

The auction is entirely online! Visit
www.32auctions.com/ValegroShoeTDF

Bidding will be open December 1st- 11th
Auction is open to North American Residents only.

All proceeds go to benefit TDF's Karen Skvarla Fund for Young Professionals. The purpose of the Karen Skvarla Fund is to provide grants that enable young dressage professionals to pursue educational opportunities.

For more information, contact The Dressage Foundation:
info@dressagefoundation.org
www.dressagefoundation.org
402-434-8585



Still Waters Equestrian Academy

- Lessons
- Training
- Boarding

Visit us online:
www.stillwaterseq.org

Horsemanship from the Horse's Point of View

Teaching people to teach horses in the pursuit of partnership! The MRH **Wholeness Through Horsemanship** curriculum translates the horse's natural language into comprehensive instruction for those seeking ultimate partnership with the horse. We aspire toward excellent horsemanship where the relationship is as good for the horse as it is for the human.

Offering courses, clinics, trail riding and more!

Horsemanship 101	Western Dressage
Develop an Independent Seat	So, You Want to Buy a Horse?
Training for the Trail	Equine First Aid

Find more information at
www.MountainRoseHorsemanship.com

Mention this ad for 10% off of your first course or clinic!

Mountain Rose Horsemanship | 11420 33rd Avenue, Plattsmouth, NE | 402-522-MRHT (6748)

This year, I was lucky enough to participate in two dressage clinics thanks to my NDA scholarship. The first one, which I audited, was the USDF Region 4 Adult Clinic. It was amazing to see Kathy Connelly and Betsy Steiner work with some of the region's best riders. Each horse and rider combination had different strengths and struggles, but the clinicians knew exactly how to address them.

I was also impressed that, although the riders compete at much higher levels than I do, many of the concepts and techniques that were discussed still apply to my little paint mare and me as we work to "perfect" Training Level and prepare for First Level. It was inspiring to see that even riders and horses who have so much dressage experience still have a lot to practice and improve on!

The second clinic was more hands on for me. Stauci and I went to Middle Cross for a three day workshop

with Sarah Martin. We worked on several training ideas. First, she helped me get Stauci to move freely forward with a swing to her step. Then, we worked on asking her to bend through her body. Finally, we put the forward swing together with the bending, and combined it with collection and asking Stauci to step underneath herself. Although these concepts are relatively basic, they are so fundamental to dressage and it was great to hear Sarah discuss them. The end result was absolutely beautiful and it showed me what dressage is truly about.

At the beginning of the year, I set a goal for myself: I wanted to qualify for the Schooling Show Championships with Stauci. In addition to qualifying, we were Training Level Reserve Champions! This was my first year as an NDA member, and I loved it! I am really looking forward to continuing to improve my dressage skills and applying them not only to NDA shows, but eventing as well!

*"This was my first year as an NDA Member, and I loved it!"
- Stella Uiterwaal, 2015 Scholarship Recipient*



NDA Board Member and Awards Committee Chairperson Lauren Van Norman presented 4-Hers Cally Dorff and Marissa Carlson with the new NDA-sponsored award for Dressage Champion at the 4-H Awards Night on October 1st.

Champion Cally Dorff (top photo) wins Champion Award with a 72.500% in Intro A Elementary on her Morgan, RG Flyhawks Destiny.

Reserve Champion Marissa Carlson (second photo) scored a 69.1176% in First 3 on her Quarter Horse, Iota Skippa.

Congratulations, Cally and Marissa! NDA is looking forward to supporting Lancaster County Youth dressage participants in the future, and we wish you the best success on your dressage journey!



Classifieds

We can help you sell!



Olympia – 2007 Oldenburg mare

Well-bred Oldenburg mare offered for sale to an approved home. 2007 17.2hh mare with a classical dressage foundation offered as a dressage, eventing, broodmare prospect.

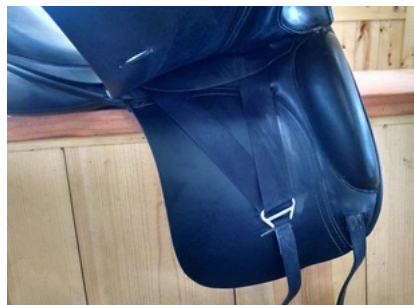
Very correct sport horse conformation, natural uphill ground-covering gaits. Awarded Premium Filly by Germany's The Oldenburg Horse Breeders Society. Sired by Olivier (Idocus x Rowillie) out of Isabella (Donnerluck x Copy That)

<http://www.allbreedpedigree.com/olympia149>

Never any health or soundness concerns, bred and trained by current owner. Current on shots/farrier/teeth. Barefoot. Asking just \$9,000, a steal for a trainer willing to take her up the levels.

Located in southeast Lincoln, Nebraska. Videos available upon request. Serious inquiries only.

CONTACT: [Ulla Rasmussen](mailto:Ulla.Rasmussen@allbreedpedigree.com)
603-848-5213



18" MW Custom Saddlery Advantage dressage saddle

Make: Custom Saddlery

Model: Advantage

Seat size: 18"

Tree: Medium Wide

Color: Black

Condition: Excellent (used)

Price: \$2100/OBO (plus shipping)

Well cared for Custom Saddlery Advantage. New flocking. Nice deep seat. Great ride. Sadly selling because it no longer fits my horse.

CONTACT: [Suzanne Eggert](mailto:Suzanne.Eggert@customsaddlery.com)
402-421-2285

Renew today
and stay
connected
with your
local
dressage
community!

By joining, you also
receive complimentary
issues of the award
winning *USDF
Connection*.



YOUR CONNECTION TO THE LOCAL
DRESSAGE COMMUNITY

NDA Awards Banquet and Annual Meeting Silent Auction

Holiday shopping is just around the corner!

NDA's Year-End Banquet and Silent Auction is Nov. 14. It will be here before we know what hit us—the hustle and bustle of holiday shopping! It's almost that time of year, and NDA would like to give you a jump start into the season.

Make room for your new incoming items by donating your horsey (or non-horsey!) items for the annual NDA silent auction! Then at the auction, shop for gifts for your two- and four-legged friends.

The auction takes place in conjunction with the Year-End Awards Banquet and has always been a big hit with many unique items!

How to bid:



Bidding will take place at the Year-End Awards Banquet on November 14, 2015, at Parker's Smokehouse in Ashland, NE. We will be posting some of the items on the NDA Facebook page for you to view ahead of time, but bids will be placed at the banquet.

We want your stuff!

If you (or your business) would like to donate services, brand-new items, handmade gifts, or gift baskets, we would LOVE those! Remember, these donations are tax-deductible. Please contact me with any questions!

Gracia Huenefeld
NDA Fundraising Chair
402-604-0060
graciarae@yahoo.com

Here's a preview of just a few items that will be at the NDA Banquet!



14 Tips from Lisa Wilcox

August 2003, Dressage Today Magazine

1. Never come into the barn and say, "I have one hour to ride and then I have to get home." Always come with a plan, never a timetable.

2. If a horse had too much bend in his neck during the shoulder-in, try this correction: As you come around the corner, let him think he is going onto the diagonal but ask him to do shoulder-in down the long side instead. First try it on the track and use the wall. Next try it on the second track.

3. To improve, ask yourself, "What am I doing in my body?" You have to have control over your own body to ride well.

4. The more you step into your inside stirrup, the more you are in the horse's center of gravity.

5. To make a horse's trot longer and bigger, drive forward into a more constant connection. This will make the rib cage looser.

6. See how your horse is reacting. Feel how he is feeling. Get a feel for when your horse is tired. You de-motivate a horse to work hard when he is tired. Know your horse's personality. All horses are different so the trainer must have a feel for all types.

7. With foundation work, you create a happy mind in your horse that allows you to do the hard stuff later on.

8. The rider's seat, in general, is straight for collected trot, a bit back for the passage and a tad forward and lighter for the piaffe. None of these are extreme changes.

9. Hoyos emphasized that if a horse fidgets with his head, don't react or pull. Stay quiet. If the horse tosses his head a bit, he's saying that his muscles are sore. But he's got to get through the work that day. So keep your hands low and ask for more bend to stretch the soreness out of his muscles. Never lose the rhythm. Keep your inside leg deeper to stay in a driving position. Keep the hands quiet and constant.

10. If a horse gets strong, you must send him forward. Do a ten meter circle to get him connected again.

11. The horse is not carrying himself if his head is bobbing up and down at the poll. To correct this, the rider must have very quiet hands and keep her stomach out and quiet. There must be no disturbances in the mouth. Just push him forward.

12. To keep your hands steady and quiet, form a bridge with the reins by holding both of them in both hands.

13. For horses that are not self-motivated to go forward, the rider must be quieter with his hands. He must try for more energy without shortening the neck. A rider should be able to ride without hands. The hand is an assistant to riding. It's an aid. It can kill the driving aids.

14. Too much use of haunches-in might not send the horse into the future correctly because the hind end can come up instead of down and put the horse on his forehead. Shoulder-in and shoulder-fore are better exercises because they always keeps the inside hind leg stepping under. Use many variations of shoulder-fore and shoulder-in--different grades and angles help the horse find his rhythm and become supple.

This article is excerpted from an article appearing in the August 2003 issue of Dressage Today.



www.urbanequineevents.com

2015
Horse Shows

April 15-19
May 27-31
August 26-30
September 2-6

2015
Horse Shows

April 29-May 3
June 3-7
June 10-14
September 9-13+ tentative



www.midstateshorseshow.com



Jami Kment
USDF Gold, Silver & Bronze Medalist
FEI Developing Horse Prix St. Georges, 2012

Lessons
Training
Clinics

Students placing in the top 10 at
Festival of Champions and NAJYRC

12 x 12 matted stalls, Shower Stall, Automatic Waterers, Fly Spray System, Dust Free Arena Footing, 72 x 156 Indoor Arena with viewing area, Full Sized Outdoor Dressage Arena, Kentucky Wood Fencing with Pasture Turnout, Trails for Hacking



Providence Farm ~ Palmyra, NE ~ 402-450-3902



Established in 1981

- Vocational Rehabilitation
- Loss of Earning Capacity Assessments
- Interest, Aptitude & Achievement Testing
- Job Analysis & Modification
- Job Placement
- Expert Testimony

www.stricklett.com
 14710 West Dodge Road, Suite 201, Omaha, NE 68154
 (402) 493-8686 FAX: (402) 493-2277 Toll Free: (800)354-0519

Karen L. Stricklett, MS, CRC, ABVE-D
 President



AN ADVANCED
 COMMITMENT
 TO QUALITY
 CANCER CARE

Nebraska Hematology-Oncology PC is the first practice in Nebraska to be recognized by the Quality Oncology Practice Initiative (QOPI®) Certification Program, which certifies oncology practices that meet the highest quality of standards for cancer care.



QOPI® THE QUALITY ONCOLOGY
 PRACTICE INITIATIVE

**YOUR
 CANCER
 CARE.COM**

Experience exceptional, personal care.

**Thank You
 to Our Sponsors**

- Lexus of Lincoln*
- Nebraska Hematology-Oncology*
- Hott Horse Shows*
- Kathy Lewis Consulting*
- Mountain Rose Horsemanship*
- Providence Farm*
- S&L Ranch*
- Still Waters Ranch*
- Stricklett and Associates*
- Urban Equine Events*

Interested in sponsoring NDA?
 Contact Gracia:

graciae@yahoo.com

DARE TO BE SPONTANEOUS



LX

GX

RX

In the Lexus LX, RX and new 2014 seven-passenger GX, you don't have to decide between style and utility. Between luxury and capability. Technology that helps you on roads both paved and unpaved. You simply get it all—the utility, capability and connectivity to elevate any adventure.

  lexus.com #LexusLUV



LEXUS OF LINCOLN 6500 Telluride Drive, Lincoln (402) 477-3233