



The Contact

JULY/AUGUST 2016



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Letter from the Editor

I hope you all enjoyed the previous special “Show Issue” of *The Contact* and have a memento of your show season this year, but it is time to return to our regularly scheduled programming.

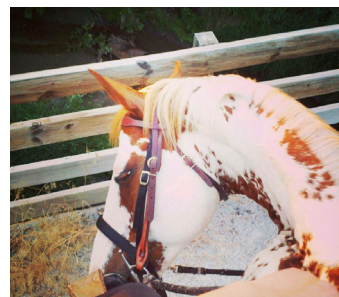
The coming of fall is bringing incredible educational opportunities for NDA members with the Lynn Palm Clinic which still has openings and time to sign up, with more information available within these pages, along with more information on the 2016 GMO Newsletter Awards. The deadline is fast approaching and we are so happy with our Photography submissions from NDA members! We have such talented members, it is an honor to be apart of this organization with you all!

Let’s give the other organizations something to aspire to!

Michaela Schieffer

NDA Editor

newsletter@nebraskadressage.org



NDA Hosts Lynn Palm Clinic

The renowned Lynn Palm of Palm Partnership Training will be here for a 2-day clinic—2 days packed full of learning and riding. This clinic is open to all riders, both Western and Classical Dressage, and is especially geared toward those just starting out.

A pioneer among women in the equine industry, Lynn Palm Pittion-Rossillon has long had a passion for teaching. Impressive as her performance record is, Palm says that her primary goal is to educate others on forming correct riding skills and building knowledge to increase the riding longevity of their horses. Lynn and her husband, Cyril Pittion-Rossillon, have created Palm Partnership Training with the mission of improving the rider first and foremost. The pair conducts clinics at Fox Grove Farm in Ocala, FL and Ride Well clinics across the United States and abroad.

While Lynn teaches all clinics using dressage principles, this 2 day program has a dual purpose. Riders new to the



Among Lynn's many accomplishments:

- 34 AQHA Reserve and World Championships
- 4 AQHA "Superhorse" Championships
- A Record 7 Western Dressage World Championships
- Judged AQHA

World Championship Show 1990, 2000, 2006 and 2011

- Named 2000 AQHA Female Equestrian of the Year by the -Women's Sports Foundation
- 2003 Equine Affaire Exceptional Equestrian Educator Award winner
- 2006 AQHA Professional Horsewoman of the Year

SAVE THE DATE!

AUGUST
12-13

Interested in participating in the clinic? Get two full days of clinic instruction for \$550 total!

Lunch is available each day of the clinic for \$11/day, with all lunch proceeds going directly to benefit HETRA. Stalls will be available to participants at HETRA for \$25 (includes both days).

Space is limited! If you'd like to apply to participate in the clinic, or if you have any questions, please contact Kathy Lewis. Applications must be postmarked by August 1st. First come, first served basis. The application has been conveniently included at the end of this issue.

There is still auditing space available! Auditors are encouraged to attend this great educational opportunity! Pre-register as an auditor with special discounts if you are an NDA member. Plus—youth can audit for majorly discounted rate!

discipline will learn the fundamentals that apply to all levels, the benefits of riding with correctness and accuracy through dressage figures and the control from precise transitions and rhythmical gaits. For riders who want to reach a new level in the discipline, let Lynn's years of experience competing & coaching in Dressage offer simple and practical solutions to overcome challenges and achieve those goals.

The clinic will run from 9-5 on Friday and Saturday at HETRA in Gretna Participants will be scheduled for two full days of instruction. Friday's schedule will include an hour discussion, followed by a two-hour evaluation and exercise of all the rider's position and aids, a break for lunch, and then two group riding sessions. Saturday's schedule will include an hour discussion, followed by an educational session about the "math" of dressage, reading (and calling) a dressage test, and utilizing dressage figures. After lunch, each rider will ride a test, with a caller, critiques and scoring.

NDA is excited to help host this event and would love to invite everyone out to participate as a rider or viewer. We would also ask interested members to share the event on Facebook to help spread the word and show Lynn Palm the support NDA has for educational events. Hope to see you there!



Lynn Palm Clinic

(for both Western Dressage and Classical Dressage Riders)

FRIDAY

9:00 am Welcome, Get acquainted
Palm Partnership Training Fundamentals
Set goals

10:00 – 12:00 noon All Riders
Evaluation and Exercises on Riders' Position/Balance
Use of Natural Aids, Simple Transition exercises

LUNCH

1:30- 3:00 pm All Riders or Group 1 (one group each afternoon session)
Use of Natural Aids, Advanced Transitions

Break or All Riders or Group 2
3:00 - 4:30pm
Simple Dressage Training figures to Control Horses' Balance

SATURDAY

9:00 am
Q&A from previous day

10:00 – 12:00
Math of the dressage ring
Ride with Accuracy!
How to "call a test"
All Riders: Dressage Training figures & transitions to Control Horses' Balance

LUNCH

1:30 - 4:30
Ride A Test! Each rider will ride a test and others watch. All tests will have a caller and have critiques & scoring.

4:30
Clinic conclusion--any final Questions and take home training sales!

BARN HIGHLIGHT

Falkland Stables

Riders of all disciplines can agree that stepping through the doors of their barn is one of the most therapeutic feelings possible. The outside world falls away as we focus our attention on an animal who quite literally commands all of our attention and we step into the role of teacher for a short time, giving us a feeling of accomplishment no matter what is happening in our personal lives. Stepping through any barn in the Lincoln area is a unique experience, as we are fortunate enough to be filled with barns that embrace discipline variety in their riders and horses. There is no such place that embodies this diversity more than Falkland Stables, which brings an entirely different level of emotional care, under the expertise of Dara Liss.

A Confident Beginning

When Donna Vuko purchased the Falkland property in the early 80's, she did what any of us would do when buying land for our horses: she built the barn first. With a background in rodeo, she wanted to give her children a place to build the character and self-confidence that can only be gained through contact with horses. When Dara Liss moved from Florida in the early 90's, she became involved in the facility and wanted to maintain the family-oriented feeling. Dara wanted to keep the focus of the facility on students and learning, rather than a boarding business.



Today, Dara leases the 14-stall facility from Donna and continues to have training and instruction involved in every step of the experience. Dara's original goal was to be a Grand Prix rider and her career has evolved in fascinating directions from this goal. She began feeling called into the

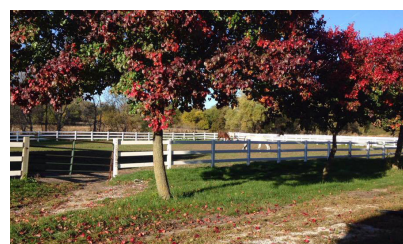
role of an educator, and maintains that she never stops being the student around horses.

Falkland is a mirror image of Dara's own teaching versatility. The barn is filled with an incredible variety of horses, from upper level dressage warmbloods, to ponies and Western dressage horses. But beyond that diversity in breeds and tack, the residents of the barn and their owners have all found their way there for a purpose, all feeling the need to be there for individual needs along with

training. There are young riders who arrived too scared of horses to ride from past events who have blossomed into confident riders leasing their own horse, and horses of unstable backgrounds who have finally begun healing their inner injuries in the safe environment.

Taking Flight

In 2014, Quinn Lawton with Take Flight Farms, brought Eagala equine therapy to Lincoln, developing her own program to find a home at the Falkland facility. A mental health professional, Quinn grew up taking lessons at Falkland and knew the facility would be the perfect place to bring the program to Lincoln after commuting to Omaha for years. Falkland was the perfect home for this program, where working with Dara as the team's Certified Equine Specialist, people dealing with any issue can find an answer. This program involves people of all walks of life, from trauma survivors, families and corporate groups, who come to learn the answers horses can teach us. A mother and daughter struggling with communication can come observe a pair of horses and watch their clear language without words and learn to problem solve their own situation. Dara feels like she learns as much as the clients in each session, watching the horses lead people to the right answers. If you want to learn more about becoming certified as an Equine Specialist, feel free to contact Dara Liss at daraliss53@gmail.com.



Falkland attracts horses and humans alike, as they find a place of healing together. It is a place that makes a tangible reality of the truth that riders of all disciplines share, that horses are our therapists if we take the time to listen. ❖

“God sends them to us, and the people that are here are here for a reason.” **DARA LISS**



The Image of Success

by **Kate Rawlinson**

It feels like Image and I have waited centuries to be where we are today. Image found me when he was a yearling stud colt on a Morgan breeding ranch in Maxwell, Nebraska. My family wasn't actually looking for a horse like him at the time, but when we met him, we knew right away he had been looking for us. I was 12 then and knew that even with the help of our wonderful coach, Angie McClelland, training a young horse could be challenging and we may be in for a long road of victories and defeats. We're still on that journey, but this year has been a definite peak for us.

The Waiting Game

Image incurred minor inflammation in his right-hind upper suspensory ligament as a six-year-old which left him mildly sore and confined to the pasture life for nearly two years. The rehabilitation process has been the most emotional, difficult task I've ever encountered. We never really knew if he was in pain, if we were pushing him too hard, if we needed to make him work harder to overcome incorrect habits, and if he would ever actually heal. I had to consider several times that maybe he just wasn't meant for me and maybe I'd have to find a little girl who could love him through her walk-trot years. That thought still brings tears to my eyes to this day. It is more than difficult for me to imagine day-to-day life without his humor, his work ethic, and the close relationship we've worked so hard to establish.



A Comeback Clinic

After being cleared by our veterinarian, we've worked our tails off to make this year about our comeback season. Not only is he finally rideable again, our training has progressed so rapidly over the last several months that we've

flown from Intro to First Level in a matter of mere months. This would never have been possible if we hadn't attended our first clinic in February 2016 with Canadian Olympian Cindy Ishoy. When we unloaded at Winds Reach Farm in Iowa City, Iowa, we had no idea



what doors she was about to open for us. I thought I knew Image fairly well then, but I specifically remember saying after our second clinic ride, "I feel like I have just met my horse for the first time today. I am so jealous of myself getting to ride him!" Cindy pushed us as a team to new heights, gave us hope, and has pointed us up the road of real, tangible success. I could never be more grateful to her and the scholarship from the Nebraska Dressage Association for making it possible to attend more of her clinics.

We've now been to three different clinics with Cindy Ishoy and look forward to attending a fourth. Through our first six clinic rides, we progressed from working on the engagement of the hindquarters and the acceptance of the outside rein to strength in lengthenings, transitions, straightness in the lateral movements, and clarification of the aids. We've even started schooling shoulder-in and walk

pirouettes. While the clinic rides were a challenge for us, we came out undoubtedly more confident in each other and our road ahead.

A Winning Team

Between clinic rides we have been working on strengthening from behind and softening the aids. We like to hack out on trails with friends. I've been working with a personal trainer to strengthen my core and improve my balance because I've realized that riding the upper levels will require so much more from me as a rider. Together, Image and I are getting stronger in both mind and body and we are ready now more than ever to take on the road ahead.



Image and I have qualified for the Morgan Horse National and World Show for both Training and First Level. We plan to travel to Oklahoma City in October to compete and hope to end this season on a high note. Getting to work with such a talented, humorous, intelligent partner every day is a blessing and I couldn't be more proud of our progress as a team this year. ❖

Pilates for the Dressage Rider

by Angie McClelland

This April, the Nebraska Dressage Association sponsored a two-day Pilates for Dressage Riders clinic with renowned Pilates instructor, Janice Dulak. Janice is a Romana's Pilates® Master Instructor Trainer with an international reputation, and an avid dressage rider and author. A revered Pilates Teacher of Teachers, she is sought after for her clear and concise distillation of the Pilates Method. Janice teaches at the Dulak Pilates Center in Champaign, Illinois and through Ridermanship®, her school for Pilates for Dressage® which empowers riders to effectively communicate with their horse through body control. Still Waters Equestrian Academy hosted the event in their new therapeutic riding facility. Many thanks to Arnie and Char Cole for their generous support! Also, a big thank you to The Dressage Foundation for their support of this event through the Hopkins Fund!



Twenty participants gathered for a potluck dinner and theory session with Janice on Friday night. Participants learned about basic concepts of core stabilization through proper alignment of the spine and pelvis, and how these concepts translate into more effective riding position.

Janice notes that for all riders, balanced position in the pelvis and spine is a priority, before other issues in the upper body and legs can be addressed. Throughout the weekend, Janice reminded riders to engage the abdominal muscles and lift the pubic bones up, which in turn, allows the pelvis and seat bones to sit level.

Each morning, Janice led the group in a two-hour mat class with exercises that challenged riders to focus on skills such as relaxing their hip-flexors and engaging their abdominal muscles. In the afternoons, ten participants rode in semi-private lessons with Janice, and put theory and mat-work into practice on their own horses. Janice did an initial position assessment with each rider, and suggested position changes and mounted exercises to improve each rider's balance and communication with her horse.

Thank you to all of the participants and auditors for helping make such a fun and educational weekend! If anyone has further questions about Pilates for Dressage or working with Janice, feel free to contact Angie McClelland (angiemccllelland77@gmail.com) or Jane Fucinaro (jfucinaro@gmail.com). ❖

Feedback from the clinic was overwhelmingly positive. Listen to what those in attendance had to say:

"This clinic was life altering and changed the way I view riding. It was beneficial to me as well as my horse."

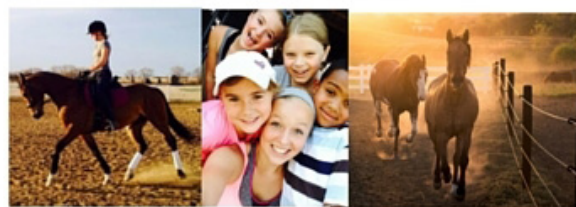
"I learned so much about proper posture and using correct muscles to ride my horse more effectively. LOVED this clinic!"

"This education is valuable and useful for ALL riders on ALL types of horses."



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Stricklett & Associates

After completing my Master's Degree in Counseling in 1979, I began working in the field of Vocational Rehabilitation. I felt that this was a perfect "fit" for me, as I enjoyed helping others achieve their goals (both personal and vocational) and have always had an interest in the medical field. Working in this field enabled me to counsel and coordinate services for individuals with a variety of physical and emotional disabilities. Over the years, I have learned a great deal about the vocational implications of various medical

conditions through interactions with the medical specialists involved in the care of our clients.

In 1981, after working in the public and private sector for approximately two years, I decided to take the risk and start my own business. In the summer of 1981, I started Rehabilitation Professionals, Inc., which later became known as Stricklett & Associates, Inc. Initially, the company was made up of me and my husband, Patrick, and a part-time typist. Today, I employ six full-time Vocational Rehabilitation Counselors and two Administrative Assistants. I also have a full-time caseload and specialize in evaluating the impact of an accident and/or injury upon an individual's future employment options and earning capacity.

The majority of our clients have been injured on the job, or have been involved in an accident or traumatic event, that has resulted in permanent physical and/or mental limitations. Our goal in working with these individuals is to help them establish new goals and give them the tools that they need to get back on track with their lives. Our services include life coaching, career counseling, vocational testing, job placement assistance, development of training plans, and expert testimony. ❖

Karen Stricklett

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9 Signs You are Struggling to Transition To Real Life from Show-Mode

by Michaela Schieffer

- You don't remember what weekends are traditionally for. Your coworkers are all gossiping about their weekend lake fun, and you just stay silent, trying to avoid the questions that accompany explaining your show life. Your personal friends are so used to you saying you are busy showing this weekend that they've stopped inviting you to events, and you have no idea who to contact to make an attempt at your social life comeback. Maybe you can just avoid all of this and busy yourself with buying a new horse. Problem solved!

- You have trouble adjusting back to the workplace mindset. You stare blankly at your full email inbox, unsure of where to begin. Another trip to the bathroom to wash your hands, maybe? Walking slowly to the kitchen to dump out your 30-minute old coffee, just to refill your mug? You realize you've been at work for 45 minutes and have only accomplished re-adjusting your chair height.

- You have judged friends on multiple occasions for their dog acting like an absolute terror at outdoor social events, thinking "I cannot believe they allow their dog act like that. If I can train my 1000+ horse to have great ground manners, I think you could train your dog to not claw people's clothes to shreds!"

- The pile of laundry after a show is so insurmountable, it is genuinely easier to just buy new clothes for the work-week than to attempt that mountain.

- Your stomach is in knots from the transition from horse show food to normal work-week food, like salads and non-fried-everything. Your stomach is baffled and definitely trying to punish you. Corndogs are delicious and should definitely be a staple in the food groups.


- You are more excited running across a Facebook post from one of your show friends about their horse than anything about your friends' lives.

- You try not to park next to anyone you know at work, and hope the tint on your vehicle windows is dark enough for them to not

notice how well you have organized your mobile tack room. They could never appreciate it.

- You also live in terror of someone from work needing a ride to a meeting with you. First of all, because there is no room for them, and also because your vehicle definitely looks and smells like you live at the barn. You've used every excuse in the book to avoid people riding with you, from "I forgot to stop at the gas station" to inventing mechanical problems. Your coworkers are probably constantly speculating how you can afford to own horses when your car is in a state of constant peril.

- When watching TV, you are suddenly on high alert whenever there is an advertisement for a pet video device and you immediately research its potential use in a stall or barn. The idea of being able to click on an app on your phone and watch your horse while you are at work fills you with joy. But there should definitely be a speaker option involved, so you can talk into it. Your horse will probably adapt to the surprise over time, it will just help with desensitizing training.



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



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Options shown. ©2013 Lexus.



VISIT THE USDF WEBSITE FOR MORE
INFO ON THE GMO AWARDS!

Amateur Photography Submissions

We asked for photographs to be considered for submission for this year's GMO Amateur Photography Award and you delivered! We were so excited by the quality of submissions and feel humbled by the amount of response we received. We are truly a part of a wonderful organization full of talented members. At this time we are still reviewing the submitted photos to select one to represent NDA at this year's GMO Awards.

Here's to our artistic members and a glimpse into their worlds!



Darcy Beck



Casey Blum



J Schoemaker



Jill Dorff



Maci Reeves



Jill Dorff

Lori Sass



CLASSIFIED ADS

Do you have something to advertise?

Classified ads are \$5 for NDA members and \$10 for non-members. They will appear on the Classifieds page of the website for 90 days, in addition to one issue of *The Contact*.

Advertising images, documentation, and any questions should be sent to Gracia Huenefeld at graciarae@yahoo.com. Checks should be made payable to NDA and should be sent to Kathy Hanford, 10301 W. Pioneers Blvd, Denton, NE, 68339.

NDA makes no endorsements or representation in connection with advertisements placed in this section.



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



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- Friendly atmosphere



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CALENDAR OF UPCOMING EVENTS

- JULY**
- 30-31** Lancaster County Fair Open Dressage Show at Lancaster Event Center
 - 30-31** Two Rivers Dressage Classic I & II at Maffitt Lake Equestrian Center
- AUGUST**
- 6-7** Bara Trac II and Bara Trac II Too at North Iowa Events Center
 - 8** NDA Board Meeting at Misty's
 - 12-13** Lynn Palm Clinic for Classical and Western Dressage riders at HETRA
 - 20** Western Dressage Advancing Clinic at Log Barn Stables

SEPTEMBER

- 27-28** Madison County Dressage Classic I & II at Maffitt Lake Equestrian Center
- 8-11** USDF Region 4 Championships at North Iowa Events Center
- 10** Western Dressage Skills & Ride-A-Test Day at Log Barn Stables
- 12** NDA Board Meeting at Misty's
- 25** NDA Schooling Show Championships at Lancaster Event Center

Lynn Palm Clinic for Western Dressage and Classical Dressage Riders

An Educational Event sponsored by the Nebraska Dressage Association

While Lynn teaches all clinics using dressage principles, this 2 day program has a dual purpose. Riders new to the discipline will learn the fundamentals that apply to all levels, the benefits of riding with correctness and accuracy through dressage figures and the control from precise transitions and rhythmical gaits. For riders who want to reach a new level in the discipline, let Lynn's years of experience competing & coaching in Dressage offer simple and practical solutions to overcome challenges and achieve those goals.

PARTICIPANT APPLICATION

PARTICIPANT INFORMATION

Name _____

Phone _____ E-mail _____

NDA Member? Yes

No, but I included a membership form and check with my application

No, I'm not interested in becoming a member

HORSE INFORMATION

Horse's Name _____

I AM INTERESTED IN:

Full Participant Aug 12-13 (\$550)
A non-refundable \$200 deposit is REQUIRED with your application.

Stabling (\$25 for the two days)
Shavings may be purchased for \$7/bag onsite. No straw allowed.

Lunch Friday (\$11)
Lunch proceeds go to benefit HETRA

Lunch Saturday (\$11)
Lunch proceeds go to benefit HETRA

ADDITIONAL DETAILS

I understand that space is limited, and if chosen to participate (first come first serve basis), I will pay the full amount to NDA upfront by August 5. If my check is not received by August 5, I forfeit my spot in the clinic and will not receive my \$200 deposit back.

The clinic will run from 9:00-5:00 on Friday and Saturday morning at HETRA.

TDF: Your Source for Support

Thanks to generous donors, grants are available for:



- Instructors
- Judges
- Technical Delegates
- Show Management
- Adult Amateurs
- Youth
- Breeders
- High Performance Riders
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Visit dressagefoundation.org and click on "Support" or call (402) 434-8585 to donate.

The Dressage Foundation's donors provide support to improve dressage in the United States.

Your donation helps to build a stronger, more accomplished dressage community.



Photo by Susan J Stickle: Olivia LaGoy-Weltz, 2015 Lavell Advanced Prize Recipient

WAIVER OF LIABILITY AND ACKNOWLEDGMENT OF FINANCIAL RESPONSIBILITY

(An additional waiver of liability may be required by the facility.)

I, as rider and/or owner, accept full responsibility for the ability of myself and the horse I will be riding to perform in the clinic with risk of injury or re-injury.

I agree to abide by all NDA 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 the participant fees to NDA and for paying the stabling and any related fees to the facility hosting the clinic.

Rider's Signature: _____ Date: _____

Owner's Signature: _____ Date: _____

Application (and \$200 deposit) is due on or before August 1.

PLEASE RETURN THIS COMPLETED FORM AND DEPOSIT TO:

NDA via Kathy Lewis
PO Box 667
Valley, NE 68064

Please make checks payable to: Nebraska Dressage Association.



Lynn Palm Clinic for Western Dressage and Classical Dressage Riders

An Educational Event sponsored by the Nebraska Dressage Association

AUDITOR REGISTRATION

NAME _____

ADDRESS _____ CITY/STATE/ZIP _____

PHONE _____ E-MAIL _____

I wish to register for the following:

- FRIDAY & SATURDAY**
- NDA member (\$60)
 - Non-member (\$70)
 - Youth (\$20) Age: _____

- FRIDAY 8/12 ONLY**
- NDA member (\$35)
 - Non-member (\$45)
 - Youth (\$10) Age: _____

- SATURDAY 8/13 ONLY**
- NDA member (\$35)
 - Non-member (\$45)
 - Youth (\$10) Age: _____

- LUNCHEs**
- Lunch Friday (\$11)
 - Lunch Saturday (\$11)

Lunch proceeds go to benefit HETRA

TOTAL ENCLOSED AMOUNT:



PLEASE RETURN THIS COMPLETED FORM TO:

NDA via Jane Fucinaro
8727 S. 33rd Street
#4-307
Lincoln, NE 68516

or email to: vicepresident@nebraskadressage.org

***Make checks payable to Nebraska Dressage Association.**

Please bring chairs!