



2024 FEBRUARY AVDA NEWSLETTER

Letter From the President February 2024

There will be many opportunities in the coming months to hone your equestrian skills. Some of our members brave the challenge of showing and testing their skills in front of a recognized judge. Other members choose to ride in clinics, take lessons, hack out, or diversify in other ways. AVDA is here to support our members. Dressage is a challenging sport. Let's be sure to be there for one another with encouraging words and positive comments. Getting affirmed by our peers is a beautiful gift. The purpose of our club is to educate, but we are also here to support one another.

Speaking of education, don't miss the Laura Gillmer clinic coming up in March. It is sure to be a special opportunity whether you ride or audit. We hope to see you all there.

I wish you all a safe and successful riding season!

Education Amelia Newcomb

A Poem by Theodore Roosevelt

"It is not the critic who counts; nor the one who points out how the strong person stumbled, or where the doer of a deed could have done better. The credit belongs to the person who is actually in the arena; whose face is marred by dust and sweat and blood who strives valiantly; who errs and comes short again and again, because there is no effort without error and shortcoming; who does actually strive to do deeds; who knows the great enthusiasms, the great devotion, spends oneself in a worthy cause; who at the best knows in the end the triumph of high achievement; and who at worst, if he or she fails, at least fails while daring greatly.

Far better it is to dare mighty things, to win glorious triumphs even though checkered by failure, than to rank with those timid spirits who neither enjoy nor suffer much because they live in the gray twilight that knows neither victory nor defeat."

Every day and every ride you have with your horse is a gift! Don't forget it!

Education Continued page 2

2024 AVDA Board of Directors

President: Sandy Vernon
V. President: Renee McMillen
Secretary: Debbie Hood
Treasurer: Sarah Murphy

Committee Chairs

Awards - Kim Godfey
 Education - Debi Stevens
 Events –Sandy Vernon
 Marketing - Sandy Vernon
 Western
 Dressage - Debby Hood
 Member At Large– Katie Knight

Contact Information:

avdadressage2019@gmail.com



2024 FEBRUARY AVDA NEWSLETTER

Education Continued from page 1

Educational tips from Amelia Newcomb:

When you get discouraged and don't want to ride into the ring.

You need to:

1. Set Intentions. Our main intention is to love and enjoy our horses. Feel proud of us and how far we have come.
2. Visualize over and over again. 5 minutes before we go to ride: Find a quiet place, close eyes and visualize. Visualize your test hundreds of times. Watch videos of your rides so you remember mistakes you want to correct.
3. Rationalize your mindset allowing the negative thoughts to "flow through" you then go back to your intentions. Everyone has those doubts. Recognition comes from within the bond you have with your horse

Article submitted and written by Debi Stevens

MEMBER BIO

JoElyn Newcomb



After watching 1000s of lessons, I started riding at 47, when Amelia gave me Scotty, the first quarter horse that Amelia started. She has started colts with Buck Brannaman and ridden with Bryan Neubert (both masters of natural horsemanship). Amelia and her brother Joseph were kind enough to give me great lessons and encouragement through the years. I have shown Dressage through 3rd level. I live on a ranch in Southern Colorado teaching groundwork and basic dressage.



Amelia

JoElyn

Joseph

I will run two clinics in May for \$40 on the basics for improving your trot. They will be group lessons.

9-12 with a trail ride after.

719 3291244 joelynnewcomb@gmail.com



2024 FEBRUARY AVDA NEWSLETTER MEMBER BIO

EQUINE ELEGANCE by Arianna Suto

I am Arianna Suto, the proprietor and visionary behind Equine Elegance. I established this enterprise with a mission to serve others through the profound connection between humans and horses. In addition to my roles as a mother of three and a dedicated full-time doctoral student, I am deeply committed to equine-assisted coaching and pursuing studies in addiction counseling.

My journey into equine assisted learning was inspired by my son, Oliver, who bravely navigates life with Autism and PICA. Faced with a scarcity of effective therapeutic interventions, we embarked on our own equine therapy journey, right in the comfort of our home.

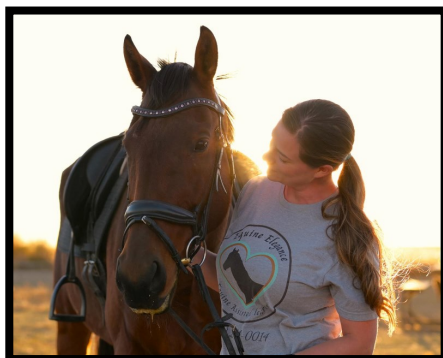
Equine Elegance LLC stands as a beacon of hope and healing, offering equine-assisted learning services that transcend conventional boundaries. Through our sanctuary, we rescue and rehabilitate horses, forging partnerships that empower individuals across all age groups and backgrounds. With a special focus on mental health, developmental disabilities, and trauma recovery, we strive to cultivate confidence, self-esteem, and healthy relationships while fostering an understanding of personal boundaries.

At our family farm, we extend our ethos of compassion to our equine companions, providing them with the sanctuary they deserve and the opportunity to thrive as valued partners in our programs. Through meticulous training and unwavering care, we empower these magnificent creatures to fulfill their potential as healing companions.

Equine Assisted Learning: Through carefully crafted experiential activities, individuals are guided in harnessing the therapeutic power of equine interactions to cultivate self-awareness, resilience, and interpersonal skills.

Riding Lessons: Our expert instructors offer tailored riding instruction tailored to all skill levels, mainly helping beginner riders interested in 4-h, fostering confidence, balance, and a deep connection with the horse.

Clinics: We conduct specialized clinics focused on essential aspects of personal development, including emotional regulation, boundaries, identity exploration, confidence building, and nurturing healthy relationships. These immersive workshops provide participants with practical tools and insights to navigate life's challenges with grace and resilience.



Continued page 3



2024 FEBRUARY AVDA NEWSLETTER MEMBER BIO

Continued from page 2

EQUINE ELEGANCE by Arianna Suto

Beyond my professional endeavors, I am fueled by a passion for lifelong learning, cherishing moments with my family, and serving as a dedicated 4-H leader for equine projects. In my leisure time, you'll often find me immersed in the art of dressage riding, embracing the harmony between horse and rider. Thank you for allowing me to share my journey and aspirations with you. I am deeply committed to the transformative power of equine assisted and eager to continue making a meaningful difference in the lives of others through Equine Elegance.

(719) 241-0014

[Services | Equine Elegance Llc \(equineelegance37.wixsite.com\)](http://Equine Elegance Llc (equineelegance37.wixsite.com))





2024
FEBRUARY
AVDA NEWSLETTER
MEMBER BIO

TAMING MY DRAGON

A Story of Myself & Veneeta by Brenda Haley



Having been a student of dressage for over 35 yrs. I decided I wanted to own a horse that was bred for advanced training. My trainer at the time suggested I buy horses, train to their potential, and then sell and gradually upgrade as I went. Five horses later I was ready to chase my dream. My budget was suited to getting a 2 yr. old, ha ha. However, a sport horse judge, who was helping me make a selection, led me to a 7 yr old mare located in Elizabeth named Veneeta. She was priced double my budget, but I was encouraged to go anyway. I fell in love at first sight. As the owner held her I climbed on, breath stuck in my throat! She cantered when I asked, not galloping away like she had done with others that had tried her, so with encouragement, I bought her for half the price. She came home and oh my, what a surprise, the brain was nowhere to be found! Two weeks went by, she would not tie or stand and when put on the longe she raced around until she fell on her face! It was a month before I got on her!

Years later, we were still longing before mounting at clinics.. We rode with top trainers and Olympians, all of which praised her "potential"! Janet Foy said she had nearly perfect conformation. Most said, "Oh my you're going to have fun with her! Alas, just

when I felt hopeful she was diagnosed with navicular. She was put into wedged shoes, making her feel clumsy, as though she was in galoshes! For a few years, investing in Osphos and other treatments, vet and farrier collaborating, we managed some pretty good work. She calmed down at clinics and lessons, next we would try showing!

First two schooling shows: My oh my, dragon puffing and fire flicking from her tongue, I was told, "She's dangerous, get off and take her home." Tried again in the fall, she was lovely. Some of my best lessons were with Julio Mendoza. Through Julio's guidance she transformed into a rocket and we were shooting through the clouds! At the end Julio and auditors stood up and applauded, it was an emotional moment!

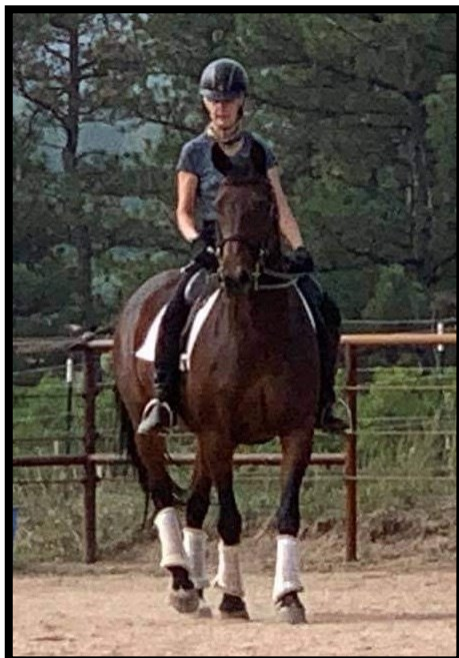
Continued page 5



2024 FEBRUARY AVDA NEWSLETTER MEMBER BIO

Continued from page 4

TAMING MY DRAGON by Brenda Haley



The following year we went to her first USDF show in Boulder. She was a wreck! Others helped by walking her, doing groundwork, trying to get her eye. When it came time to enter the arena she wouldn't budge. A friend tried to lead her in, she bared her teeth like an alligator! I literally spurred her into the arena. There were no halts, just a jiggy prancy thing! Afterwards I was congratulated on having the courage (meaning insanity I think) to still do the ride.

Two years later and present day: I am in love! We discovered Regumate last summer and now have another tool for showing. Her shoe pads were removed and her soles touch the earth again! She feels good. Her muscles are muscling, and she is learning to sit. We are in new territory. And she has gone from dragon to my Queen.

We plan on showing in 2024.

This mare has challenged me in every aspect of life, teaching me about patience, humility, courage, consistency, perseverance, willpower, and more.

I finally have her eye!

Be safe! Enjoy your rides and be in the moment! We are so blessed to be dressage students!

Lessons are available \$60.00 hr. 719 369 2421

-Lao Tzu, Tao, Te Ching





2024
 FEBRUARY
 AVDA NEWSLETTER
 MARKETPLACE

Karen Elliott

719-221-5417

k.egirl@outlook.com

Custom ordered from Black Country, 2018 Eloquence.

Like new. Rode off and on for a year.

Have different horse now that is not the same size.



3-24



2024
FEBRUARY
AVDA NEWSLETTER
MARKETPLACE

ARIAT BOOTS BRAND NEW SIZE 6fits like a 7B

The beautifully styled Coniston is crafted for comfort while walking in the country or seated in the saddle. Designed to complement your active life, this versatile boot features our DRYMax™ waterproof construction, superior insulation, and a durable outsole.

- ATS® technology provides ergonomic support on uneven terrain
- Premium DRYMax™ waterproof breathable construction keeps you dry in wet environments
- 3M™ Thinsulate™ Insulation for warmth with less bulk
- Removable Pro Performance insole for cushioning and shock absorption
- Duratread™ sole is extremely durable while still letting your foot flex
- Full-length YKK® back zipper
- Front lace fit system
- Equestrian country inspired hardware detail
- Stirrup friendly
- BOOT sole is 3 5/8" wide, sole length 10 1/4", shaft 17 1/4 high (measured at the arch), back zipper 13 1/2" long, approx. calf 13" –16 1/4" (hard to gage with lace up boots).
- **Marcy Wadlington 916-759-3545 canoncityco@earthlink.net**



Retail \$399.00

SALE 150.00



3/24



2024 FEBRUARY AVDA NEWSLETTER

Laura Gillman AVDA Clinic March 16, 2024



Hi I'm Laura! I grew up in a small town in Vermont and started riding at age six. I learned that I had a real passion working with horses and teaching when I worked at a local Dressage barn in highschool. I decided to further my knowledge by attending the UMass Amherst Equine Industries program. At UMass I was a rider on both the Dressage and Equestrian Teams. During which time I trained with Advanced level eventer and FEI dressage rider, Jerry Schurink.

After graduation I worked as an assistant trainer to FEI trainer Harry Diel at Reindance Dressage. I gained significant experience starting young horses and trained many of them to the upper levels. I then furthered my training abilities with multiple FEI-level horses working as the

assistant trainer and barn manager to nationally recognized Grand Prix trainer and competitor, Sharon McCusker of Souhegan Farm. During this time I competed successfully through Prix St. George, and earned my USDF Bronze and Silver Medals.

I started my freelance training business in 2014 and I encountered one of my most challenging horses — a feral rescue pony — which proved to be an unexpected gift as a trainer and educator. My dressage skills seemed to have no value in that particular situation and I started down the path of learning natural horsemanship. This work facilitated a deeper understanding of horse psychology and the value of groundwork as a tool for communication. I have gratefully incorporated this body of work, and I'm on a constant quest to learn more! USDF Silver Medalist, USDF Bronze Medalist, UMass Dressage & Equestrian Team Rider, MA Licensed Instructor.

For more information about Laura's training experience and philosophy, please visit: www.downtoearthdressage.com





2024 FEBRUARY AVDA NEWSLETTER

AVDA 2/13/24 Minutes

Meeting called to order 5:30

In Attendance: Kim Godfrey, Sandy Dorr, Nancy Leonard, Karen Elliott, Sarah Murphy, Debi Stevens, Renee Mc Millen, Debbie Hood

Presidents Report: Report on the visit to Five Star Equestrian Center as a possible venue for clinics and shows.

Minutes: Kim moved to approve minutes as posted in the newsletter Sarah 2nd. All approved.

Treasure Report: Checking 1 \$3009.43
 Checking 2 \$50.00
 Savings \$2525.52

Jessica Greer's fee is \$200.00 more than what we had budgeted. Sarah moved that we increase the judges fee for Jessica Greer by \$200.00. Nancy 2nd. All approved.

Show Information: Renee presented information on 3 different computer programs to replace Fox Village.

1. Strider
2. Event Entries
3. Horse Show Office

There was discussion on whether or not to purchase one of these programs or to use the website for entries for the schooling shows and hire a show manager for the recognized show who has the experience with one of these programs.

Awards: Kim reported on the new Dressage Versatility Award. We will be repurposing the 2nd level youth award to use for this.

Education: Holly Bergay Clinic 2/25
 Laura Gilmer Clinic 3/16

Holly Bergay Clinic 4/27 has been cancelled due to the number of other events going on in April.
There is a possibility that JoElyn will have clinic with Amelia at her place on 4/8.
Karen Elliott is going to pursue setting up a cavalletti clinic with Jeffrey Riding.

AVDA Scholarship: Sarah reported that everything is in place and ready to go. Information will be posted on the website. Applications for the award will be accepted from 10/1 to 11/1. This will be for each year. The award will be presented at the Christmas party and awards banquet in December of each year.

Ribbons: Debi moved for Renee to order more ribbons. Karen 2nd. All in favor.

Swag: Renee moved to pay Quick Print the setup fee of \$60.00. Karen 2nd . All in favor.

Adjourned 7:45

Next meeting at Debi Stevens on 3/12/24. Boarding meeting at 5:00. General Meeting at 5:45.



2024 FEBRUARY AVDA NEWSLETTER

2024 AVDA CLUB MEETINGS

March 12, at Debi Stevens house, 1143 L Street, Penrose, CO 81240. 719 429 7178, 5 PM
Social hour (bring snacks), 5:30 meeting

Locations and time for all other meetings will be announced on the website and facebook. Meetings are held on the 2nd Tuesday of each month.

March 12
April 9
May 14
June 11
July 9
August 13
September 10
October 8

November 12 (elections and volunteer of the year).
December 14th - Awards Banquet and Christmas Party.

Coming soon you will be able to fill out your application and pay online, for all our shows, through our website.

2024 AVDA SHOWS

Registration and Details will be posted on our website at avdaddressage.org

April 13th Virtual Schooling Show Judge Michelle Velasco.
May 18th Schooling Show Judge Jessica Greer.
Sept. 7th Schooling Show Judge Kathy Daly

2024 AVDA CLINICS

Registration and Details will be posted on our website at avdaddressage.org

January 20th 2024 Sue Martin at Jaun Gonzalez indoor arena.
February 25th Holly Bergay at Five Star Equestrian Fountain CO.
March 16th Laura Gillmer at Marcy Wadlington (rain date 3-23)



2024 FEBRUARY AVDA NEWSLETTER

From the editor:

MARKETPLACE

Send all info. to: avdanews@earthlink.net

Guidelines:

- * *clear picture/s of item.*
- * *full description and price of each item.*
- * *your name and phone number and or contact information.*
- * *your ad is good for 60 days after hat it will be removed unless you notify avdanews@earthlink.net to keep it listed.*
- *you must notify AVDA news if your item is sold, if you do not, I will not post additional items for you in the future.*

MEMBER BIOS

When typing your bio please use straight text.. Please do not do indent, cut and past items, color or border/outlines, etc..... It makes it difficult for me to edit.

Be sure to always go to our website for updated information:

avdaddressage.org

Submit your articles, pictures etc. to be published in the monthly newsletter by the 25th of each month to: _avdanews@earthlink.net

How to print the newsletter using very little ink:

Go to your printer settings and or advance setting to change your ink color for printing.

Print black/white ink only or gray scale.

Print as a draft quality.