

NWDA

February 2023

Accent

NWDA Board Member Pam Forsythe shares her adventures in learning with Millie, her equine dressage partner, and Ulf Wadeborn, dressage instructor.

The Next Step for Me

by Pam Forsythe



Thanks to a generous scholarship from NWDA I was fortunate to be able to attend the Ulf Wadeborn clinic held December 3-4, 2022 at Silvermine Dressage in Eau Claire WI. Ulf is an “R” rated judge in Sweden, has his “S” USEF judging license in the US. He is also a trainer and travels across the country teaching many Dressage clinics. I have had the opportunity to train with Ulf over the last few years. Initially our focus was on my position and straightness—just staying in the middle of Millie (my very tolerant 23 year old Morgan/Friesian mare) without looking like a floppy “passenger” hanging on for dear life . . .

I often get the question from friends and family, “Why are you still taking lessons? Don’t you know how to stay on by now?” This clinic helped me to come up with a way to think about my riding and helped me to move on to the next step in my riding journey.

One of the areas that I have struggled with is my posture. I tend to collapse my core and round my shoulders. Ulf pointed out to me that when this happens I hold with my arms, brace and pinch with my legs which causes Millie to tense up to protect her back. When I open up my posture and engage my core, this allows me to relax my arms and to drop my legs into a more natural and relaxed position.

Once this happened, I was able to bring my legs back, keeping them under me, making them more stable and able to support me. When I wasn’t holding with my arms I was able to actually feel Millie’s mouth which allowed me to influence her more consistently. Another benefit of

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All King Victor Emmanuel’s School Horses Can Make Really Beautiful People Fall



the President's Message

NORTH WOODS
dressage association

Dear NWDA Members,

Get Ready, Get Set—it's time to transition into the 2023 new NWDA year!

GMO's across the country are getting ready for the new tests. How about you? While much has been written about the changes, last Sunday NWDA provided an opportunity for you to view the tests in person at The Caddy Shack. Shout out "Thank You" to Chris and Stephanie LaFleur for supporting this event.

The test changes will begin this year and while they may seem minor there are some changes to learn. The NWDA show committee is working with the board to "Get Ready" for our show season. It is truly amazing to me and I want to say "Thank you" to everyone for your valuable input. It has truly been quite the learning show curve as we continue to grow!

You inspire me to move forward with passion and presence. We know that communication is the key in everything we do

so we added a "New" promotions committee to help reboot the web site and focus on promoting NWDA events. I would encourage you to take some time and look at the website, mark your calendars with the upcoming show season dates, and get ready to have a great horsey season.

NWDA takes great pride in our events and asks you to tell a friend.

Please remember to Save the Date for the Annual Banquet on Saturday April 22, 2023 starting at 11:30. Theme: It's a Pajama Horse Celebration at Blackwoods Event Center in Proctor, MN,

I hope that the NWDA Accent energizes you as it does me. NWDA members are important, we value your membership. As your GMO president, I pledge to learn and grow together, to celebrate the gift we have with our equine partners, and to respect the

opinions of others while we all move forward first "Together."

May the Horse Be With You,

—Kathi

THE NWDA MISSION

NWDA exists to develop and encourage an interest in dressage, combined training, and all related English style horse activities; to improve communication among interested people; to provide education and recreational activities to its membership; and to encourage other individuals or groups to provide educational and recreational activities to the area.



FOR MORE INFORMATION: northwoodsdressage.net

OR



North Woods Dressage Association

NWDA Partners with National Dressage Pony Cup & Small Horse Show for 2023

To qualify for Dressage Pony Cup, Ponies and Small Horses (under 16 hands) must have a current and valid USEF Pony or Small Horse measurement card on file with USEF.

The National Dressage Pony Cup will send each Partner Show two ribbons for High Point and Reserve High Point. These ribbons are to be presented to winning competitors AT THE SHOW based on the results of pony/small horse-only classes.

A Partner Show must include one of the following classes in the prize list: each Partner show must offer at least one Pony/Small Horse only test of Choice class: Pony Introductory—Third Level Test of Choice, Pony Fourth Level—FEI Test of Choice.

Alternatively, shows may offer a Pony Division within each class. This means that ponies ride in open classes, but the Rider states “Pony” as their Division, as opposed to Open/AA/YR/Jr.

Competition must provide an opportunity for ponies/small horses to be measured and obtain



a temporary or permanent USEF Pony Measurement Card. Ponies & small horses can be measured at NWDA shows, see show bill for information. The official measurements must be made by a vet, either yours at home, or with 2 weeks notice to NWDA show management, and recorded by the vet on the small horse measurement form and submitted to NDPC. See www.dressageponycup.com for complete information.

NDPC also has national year end awards. There is no minimum or maximum number of scores required to be eligible. All scores from any USEF/USDF licensed competition will count toward Year End Awards. Scores from Schooling Shows do not count toward year end awards. Rider must be a member of NDPC for year end awards.

This year the NDPC show will be held July 7-9, 2023 at the World Equestrian Center, Wilimington, Ohio.

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engaging my core was the ability for me to use my seat effectively. With my now upright posture and engaged core I was able to free up my seat and feel what was going on under me. By changing my posture and effectively use my legs, arms and seat I was able to use them independently from each other. I felt Millie’s back relax under me. It was amazing to feel her “come onto the aides” rather than me “pulling her” onto the aides. She also offered many deep breaths and snorts as if to say “Finally, let’s dance!”

Of course, this was all accomplished at the walk, on the 20 meter circle. Ulf did have me progress to trot and canter, but we would only be able to achieve this new position and use of my body for short periods. We worked through transitions especially walk<>trot<>walk, as the

trot is the most challenging gait for Millie and me. Ulf also had me start to work off the circle at the walk, but straight lines are more challenging for me as well. We would return to the circle to regroup before going to back straight lines.

When I started my dressage journey as an adult I never realized what an amazing and challenging sport I had selected. I have an amazing “horsey dance partner” that puts up with me and I have become much more aware of how the use of my body can change how Millie is able to use her body so that we are a more cohesive team. Through this clinic I realized that “less is more” and holding on actually interferes with Millie’s movement and my riding progress. This is the next step for me—staying relaxed and using my body effectively so Millie can use hers as well!

NWDA Announcements

It's Time for the Northland Horse Fair — and our NWDA Tack Swap!

The 17th Annual Northland Horse Fair will be held April 1, 2023 inside the Miller Hill Mall, Duluth MN. It is sponsored by Beyond The Barn and features seminars, vendors, & live horses, all inside the Mall!

Amanda of Beyond the Barn states that the goal of the Northland Horse Fair is to provide a venue for the local horse community to connect with area equine business and organizations as well as provide educational opportunities for multiple aspects of horse ownership, farm life and the pet industry. Seminars will be listed on the Beyond the Barn website in March.

NWDA will have a booth to promote dressage and our organization. We will also be selling new NWDA apparel at the NWDA booth. Come check out the new styles!

NWDA will also be having the NWDA TACK SALE at the Horse Fair. Please bring

any of your tack or "Horsey" items to be sold on consignment. These items can include anything from dressage, jumping, western, horse books and home décor. All items must be clean, and in good condition. NWDA will collect a 1 time

vendor fee of \$10 and a 15% consignment fee for each of the items sold, items not picked up are considered donated to NWDA. Seller is responsible for completing the

inventory page and tags prior to the even or at Check In on Friday from 4-6 (with imited check in on Saturday from 9-10). Start gathering up your items now. If you have any questions on the Tack Sale, contact Kathy Faccio at dressagerider27@gmail.com

We will be sending out an email flyer in March, with all the specifics on the Tack Sale, please stay tuned!



The NWDA Accent editors are:

CLAUDIA SCHOENDORF
BRIGID PAJUNEN

Your horse stories, clinic reports and announcements help us improve communication amongst our members and the larger community of Northland horse lovers. We welcome your submissions to nwdagmo@gmail.com.

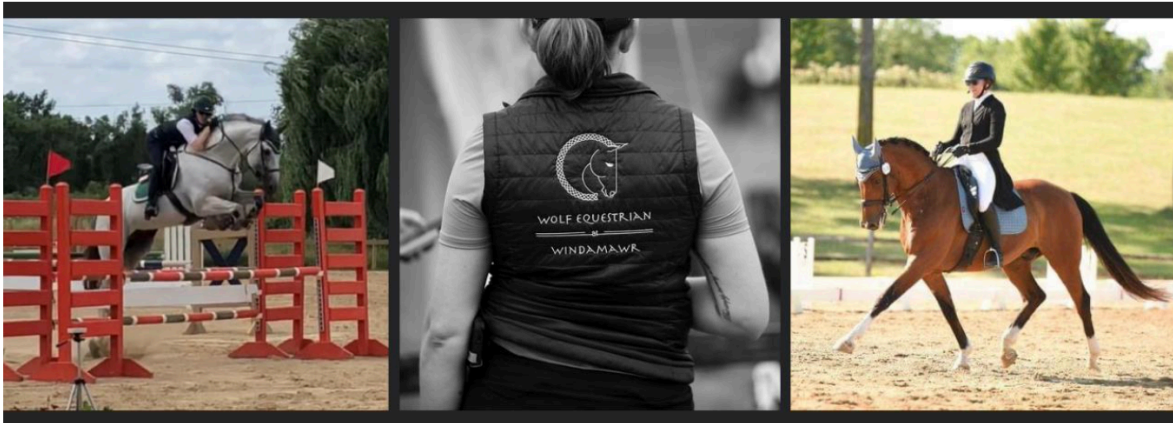
NWDA Educational Events

NWDA Jr/YR Clinic DRESSAGE & JUMPING

with **Rachel Wolf**

Bayfield County Fairgrounds

MAY 20-21, 2023



Rachel Wolf, Head Trainer of Wolf Equestrian @ [Windamawr](#), has built a program in the West Metro area of the Twin Cities with strong fundamentals focusing on Classical Dressage and Show Jumping as well as equine and human biomechanics. Her 28 year riding career has taken her to many places which gave her the ability to learn and grow from many trainers in the US and abroad: Max Von Blucher, Jim Graham, Alan [Vallencourt](#) and Allison [Sader Larson](#) in the US. With a husband serving the Army, Rachel had the opportunity to learn and train in Germany with many international educators such as Rico [Lorengel](#), Hans [Jorg Radandt](#) and many others. This gives her yet another perspective when working with her students and their horses as well as her other passion in breeding and training warmblood sport horses. After spending time in Kentucky showing, training clients and their horses as well as rescuing and retraining OTTBs, she has come full circle back to her home state. The fuel to her passion lies in helping her clients to achieve their goals – training at home and preparing for the show ring as well as importing new partners for her clients to go to the next level on.

Contact Jen Hovde for more information: 218-349-9753 / mackie_k_shadow@hotmail.com

Jr/Yr NWDA Member (one day session) - \$210 or (two day clinic) - \$310

Adult NWDA member (one day session) - \$220 or (two day clinic) - \$320

NWDA NonMember fee - \$50 // Stall – (Day - \$35 or Weekend - \$60) // Bedding - \$9 per bag

***The clinic will accept Jr/Yr first, then if space is available, the clinic will be open to adults.**



NWDA
2820 Jean Duluth Road
Duluth, MN 55804



2023 NWDA SHOW DATES



SCHOOLING SHOWS

June 10-11, 2023
August 5-6, 2023

RECOGNIZED SHOWS

June 24-25, 2023
July 22-23, 2023