

NWDA

November 2021 *Accent*

AWARDS BANQUET

FEBRUARY 12, 2022 11:30 AM

BLACKWOODS PROCTOR, MN

*Celebrating
the 80's!*

By Jen Hovde



Celebrate good times, come on! Founded in 1981, NWDA turned 40 in 2021. Through the difficulties in the world NWDA shines bright! Our annual awards banquet highlights our membership and our accomplishments. So ... *motor on over* to Blackwoods in Proctor on February 12, 2022 for an 80's-themed banquet. *Veg out* with us that day from 11:30-2:30.

We have many *rad* activities, *bodacious* awards, and food that is totally *tubular*. We are good people all coming together for our common love of horses, *dub!* Be prepared—come in costume, dress like it's 1981—or wear your barn clothes. We don't care. Take a *chill pill* and get ready to be entertained with music (bring your Walkman!) and dance—it'll be a *gnarly* good time!

You can *like, totally* help make this year's banquet *awesome!* Bring a silent auction item (and money to bid on items). Buy raffle tickets for a lesson with your favorite trainer. Renew your membership. (If you want a *wicked* deal on membership, it is \$40 through November 30, 2021. It'll be \$50 at the banquet.) Please also nominate for these extra awards: School Horse Hall of Fame, Good Sportsmanship, Club Recognition, and Volunteer of the Year. *Clap, hoot and holler* for all the award winners. *Get stoked!*

And get your awards applications and nominations in by November 30th. Deadlines—*no doxy!*

Questions? Email us at nwdagmo@gmail.com. Watch facebook for updates and expect a formal invite/RSVP in January. *Lordy, lordy NWDA is 40—party to the max!*

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Celebrating 40 Years of North Woods Dressage!



The President's Message



Happy Fall NWDA Members,

As I reflect on another beautiful sunset, it's hard to believe it's time to close out the 2021 show season. Spend some time reflecting and celebrating the gifts we share with our equine partners. I encourage you to try leaving life's stressors at the door and allow your equine partner to emotionally carry you forward. We are truly blessed! It's those memories that give me the much needed strength, guidance, and clarity to move forward.

Getting the school year up and running has been the hardest I've seen and felt in my 30 years of serving kids. Slowing down, spending time on those memorable moments brings me to a higher level of gratitude and appreciation. Let's celebrate, appreciate, and be grateful for the time we spend doing what we love to do.

Our focus has always been on supporting each other in and out of the ring. Please reach out, call, keep checking in with each other. That's what we do and it feels good.

Congratulations to all riders who qualified and showed at the 2021 Regionals in Maffitt Lake, Iowa. Just qualifying for Regionals is a huge accomplishment—let alone competing. NWDA had many riders compete. Well done and thank you for sharing the great pictures!

The 2021 show season has come to a close and we are preparing for our 2021 NWDA Annual Awards Banquet. **Save The Date: Feb, 12th 2022 starting at 11:30.** The theme this year is *Celebrating the 80's*—we are 40 years strong!

You should have received information for registration in the mail, if you have questions please let us know. Last year we had over 115 people in attendance with so many great awards. This year, however, with Covid we are looking at a couple of options. We are planning to hold the banquet in person, but we may have to limit the number of people attending. We will prioritize riders receiving awards and will keep you updated. I would encourage you to submit your award information to Jen Hovde ASAP.

As we look toward the 2022 show season, I want to thank the members of the NWDA Board for their hard work and dedication. As always if you have ideas you would like to share, please feel free to reach out to any of your board members. Learning, growing, and laughing together is a priority.

Thank you for another great season. May the Horse Be With You,

—Kathi

2022 NWDA SHOW DATES

NWDA Schooling Show June 11th & 12th Dressage & Hunter/Jumper

NWDA USDF/USEF Recognized Show June 25th & 26th Dressage

Last Chance Summer Dance I & II Recognized Show July 23rd & 24th Dressage

NWDA Classic Schooling Show. August 6th & 7th Dressage & Hunter/Jumper

My Experience in the USDF L Program

By Jenevieve Hofsommer

I have to start by saying a big thank you to NWDA for giving me the opportunity to participate in Part 1 of the L Program. I wouldn't have been able to become an L graduate without the opportunity to participate in part 1 in Duluth to get started.

So for those of you unfamiliar with the L program, I would encourage you to look up a part one session of the L program. It is basically an overview of what judges look for in dressage.

Session A part one covers biomechanics and what judges are looking at as far as basic movement and function of the dressage horse. It goes in depth on how the horses back and neck work to propel them in the walk, and how the phases of the strides in trot and canter have an impact on the overall movement. Session A discusses biomechanics such as how the thoracic sling muscles need to contract to give the horse more of an uphill way of going, or how a horse contracts back muscles to protect himself from concussion. Session A discusses how the horse's back is a bridge and how a horse can tighten its back to defend itself against forces delivered by the rider.

Session B highlights the criteria of each movement in a dressage test training-second level. This defines what a judge is looking for in each and every movement. When a horse and rider performs a movement accurately, without mistakes, but maybe with tension, you have to be able to compare that to a relaxed horse and rider who maybe performs the movement with more harmony but less accuracy and so on. The methodology a judge has varies slightly, but it is

so important to have a methodology as you judge so you can be fair and consistent each time. This can be defined with a formula: $(B+C) +/- M = S$: *Basics* (how a horse demonstrates correct biomechanics) + *Criteria* (how the movement was executed) +/- *Modifiers* (accuracy, minor incidents, etc) equal *Score*.

Session C discussed collective marks and the further remarks to the rider at the back of the test. I have to say that before I went through the L program, I had no idea how involved the scores and comments on the back of the tests were. This requires a great deal of thought put

in by the presiding judge, and the comments you get back are their best effort to address the most important thing they noticed about you as a horse/rider pair. I

actually went back through my old tests and learned a bit about what past judges were trying to tell me as I read comments and compared impulsion and submission scores along with rider scores. It is very educational, and I think there are a lot of us who need to understand what a great opportunity it is to get someone's educated opinion on your ride.

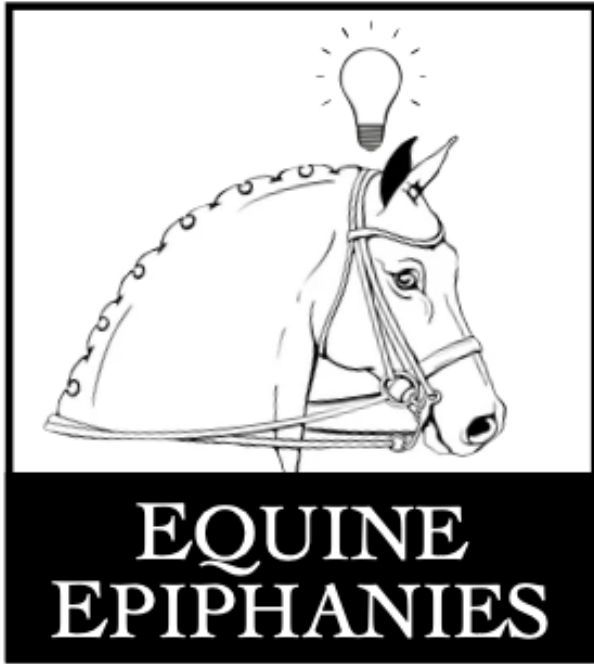
Going into Part 2, requirements from USDF are that you have certain scores at Third level prior to being accepted. Since the rules and requirements tend to change, I would recommend looking on the USDF website if you are interested in pursuing Part 2.

I personally expected that Part 2 would be mostly candidate evaluation, but I have to say I learned more about how to judge tests and conduct myself as an L participant from Part 2

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the formula:

$$(B+C) +/- M = S$$



It was advised this past Spring that we would re-purpose/re-home my horse due to hock arthritis, from the hunter/jumper arena back to trails. For the first time in 2 years, I was without a horse and I felt pretty lonely. However, at River Ranch, the lesson horses are always around and super trusty. I continued to progress on them for the next couple of months. Instead of starting the show season on my horse that we had worked together all winter long, I was given the opportunity to show on the tried and true “Gizmo.” This pony has been shown all over the show circuit by a multitude of riders and has a great reputation. However, in our second show of the year, Gizmo pulled quite the

dirty stop. He just stopped dead in his tracks right before the jump, where my momentum kept going flying straight on and over a 2-footer in our fourth event of the day knocking the wind and my whereabouts out of me immediately. It hurt. Not only my back, but my pride as well. I was in my seat; I swear I did nothing wrong to deserve that! Gizmo—the star pony! The next event immediately following and the last of the day was jumpers. What would he do? I came back in tears and asked my mom to withdraw. She encouraged me to drop as it had been a long day, but I decided to make my own decision and went ahead and learned my course. This particular one was complicated and my mind was not wanting to take on this challenge, but I stuck with it and we made it through. He jumped everything clean without a single refusal or hesitation. (He did *owe* me.) Not only that, but I won the event! I learned that getting back on the horse can lead to success—you just need to give it a try even when it’s hard. Gizmo is the type of pony that will teach you to really ride hard to the jumps. Remember—all the best horses are not perfect!

—Kaelin Ogston



It's that time again! Your membership to the North Woods Dressage Association is due for renewal.

Individual Membership	\$40 on or before Nov 30, 2021, \$50 thereafter
First Additional Family Member	\$20 (\$15 each additional family member)
Annual Horse Registration	\$5 per horse
Lifetime Horse Registration	\$45 per horse

Pay online at <https://northwoodsdressage.weebly.com/>

Or mail check & form to:

Dee Closson NWDA Membership Chair PO Box 261 Hovland, MN 55606

All memberships received, electronically or hardcopy, will receive email confirmation to ensure proper email address. If, after 30 days, you don't receive email confirmation, contact Dee Closson at 406-599-7752.



NWDA Show Results



LAST CHANCE SUMMER DANCE

August 7, 2021 High Point

DRESSAGE INTRO

Champion
Olivia Huston
Reserve
Adelynn Tafelski

DRESSAGE JR/YR

Champion
Emma Krey
Reserve
Makenna Scott

DRESSAGE AA

Champion
Julia Pohlman
Reserve
Josh Solsvig

DRESSAGE OPEN

Champion
Bridget Bursey
Reserve
Bridget Bursey

August 8, 2021 High Point

DRESSAGE INTRO

Champion
Olivia Huston
Reserve
Marlene Schmitt

DRESSAGE JR/YR

Champion
Makenna Scott
Reserve
Anna Horgen

DRESSAGE AA

Champion
Josh Solsvig
Reserve
Julia Pohlman

DRESSAGE OPEN

Champion
Olivia Huston
Reserve
Bridget Bursey

DRESSAGE FREESTYLE

Champion
Bridget Bursey
Reserve
Lisa Rush

CLASSIC SCHOOLING SHOW

August 21, 2021 High Point

DRESSAGE INTRO

Champion
Billie Jean Lindsay
Reserve
Jennifer Damyanovich

DRESSAGE JR/YR

TIE for Champion!
Tayla Damyanovich
Regan Juenemann

DRESSAGE AA

Champion
Molly LeBlanc
Reserve
Jenny Barthan

DRESSAGE OPEN

Champion
Jenevieve Hofsommer
Reserve
Debbie LaFleur

HUNTER / JUMPER 18"

Champion
Mackenzie Olsen
Reserve
Lexi Wiebusch

HUNTER / JUMPER 2'

Champion
Kelly Grussendorf
Reserve
Kaelin Ogston

HUNTER / JUMPER 2'3"

Champion
Ivy Henderson
Reserve
N/A

HUNTER / JUMPER 2'6" - 2'9"

Champion
Amy Roberts Werner
Reserve: N/A

August 22, 2021 High Point

DRESSAGE INTRO

Champion
Dawn Massier
Reserve
Kate Hinz

DRESSAGE JR/YR

Champion
Cora Johnson
Reserve
Tayla Damyanovich

DRESSAGE AA

Champion
Bobbi Lindsay
Reserve
Molly LeBlanc

DRESSAGE OPEN

Champion
Jenevieve Hofsommer
Reserve
Debbie LaFleur

HUNTER / JUMPER 18"

Champion
Cora Johnson
Reserve
Maggie Bellehumeur

HUNTER / JUMPER 2'

Champion
Ainsley Rauner
Reserve
Kelly Grussendorf

HUNTER / JUMPER 2'3"

Champion
Megan Matson
Reserve
Kaelin Ogston

HUNTER / JUMPER 2'6"-2'9"

Champion
Jocelyn Johnson
Reserve
Taelor Malmstrom

HUNTER / JUMPER OVERALL

Champion
Megan Matson
Reserve
Ainsley Rauner

The USDF L Program, from page 5

than I did in Part 1. Basically we as participants were put on the spot often in front of the whole class and faculty. You learn to think quickly and not make comments that don't match your scores!

Our sessions happened to be a bit unusual, as we were due to start session 1 in Rancho Murieta, CA on March 13th, 2020, but Covid sent our organizer and the L faculty into a panic 24 hrs prior to my flight leaving. The first session was cancelled very last minute, in other words. We had a D2 date in CO in May, so our organizer expected that would be changed to D1. However, that was not to be either as Covid still was rearing its ugly head. Finally, our wonderful program organizer Dorie set her sights on the July date in CA as our first session instead of our final exam. Unfortunately, it turned out we did not start D1 until 10/31 in AZ at the dressage championships. We were in unprecedented times, and our faculty members encouraged us to wear masks and face shields, to stay social distanced with our scribes, and to speak into headsets or phone earbuds to communicate. This did make our sessions more trying and difficult but we were all so thankful that we could go ahead with the program that we made the best of it. Our second session happened in January, and our final exam was Easter weekend 2021. The 8 of us participants that were left after all the changes went ahead and finished our written exam Friday night, and completed our practical judging and oral judging Saturday and Sunday.

The final exam was very intense, with Marilyn Heath as our final examiner. The temperature got to 102 during our practical exam, and the intensity of the situation was anxiety-producing. We were rushed and pressure was put on us to see how we would perform. There is no room for error.

I'm so grateful to my family and friends who encouraged me the whole way through the program. It was a tough program (especially when you have young kids at home!), but I did learn a lot. I'm so grateful for this education. All the hours spent on Zoom meetings and on



ABOVE Jenevieve Hofjommer is a trainer, teacher, mother, and Region 4 horse-lover. She recently graduated from the USDF L program with support from our North Woods Chapter.

continuing education were totally worth it. My overall takeaway from the L program is that hard work brings success, and that it is worth it to follow your dreams. It may take many hours of studying and lots of travel, but you can do it if you set your mind to it! I am proof—I am now an L graduate!

I have since officiated at several schooling shows. Being able to influence the young or beginning riders of our sport with my comments has weighed heavily on me, but also allowed me the privilege of doing my best to help out other riders. It makes me feel that I am giving back to the sport I am passionate about, and that is a great feeling.



Find out more about us at
northwoodsdressage.net





Meet the Board

NORTH WOODS DRESSAGE ASSOCIATION

Kjerstin Anderson Hoff & Leroi

As a new board member for 2021, I am grateful for the opportunity to give back to the dressage community and to help provide events and shows in the area. I recently returned to riding after a 10+ year hiatus during which I completed two graduate degrees and paid off some student loans.

Like most of you, I have loved horses and riding for as long as I can remember. As a child my sister and I spent a lot of time playing pretend games like “little horses” (with our smaller horse toys), “big horses” (Breyer and Grand Champion brand horses), and “horses where we are the horses.” As a teenager, I was able to take lessons from Anne Aspoas and Debbie Lafleur. Debbie let me lease the school horse, Sam. (Some of you may remember him.)

I participated in my first schooling show in approximately 2002 with my fellow “West Amity barn rats.” That was where I learned how exciting and fun showing is and that I am allergic to bees. One landed on my nose during my test and stung me. I am proud to say that I never took my hands off the reins, I kept riding and did my best to ignore the bee. Ultimately I had to leave early to go to the doctor—and take steroids for a month to fully treat the reaction.

In college I took lessons at a jumper barn outside of Chicago with a friend. We became friends when she came to my dorm with my roommate and saw a photo I had of myself riding in a bee themed frame that I believe Debbie gave me. She rode and was also the honey bee queen of Iowa. After college, I had a part time working-student gig for a couple of years in Chicagoland before grad school and work took over my life.

Fast forward to 2020, when everyone’s social life was massively disrupted. I asked

Alysa Bjorklund if she would be kind enough to give me a few lessons since horseback riding seemed like a good COVID activity. That led to me buying my first horse, an OTTB named Leroi.

Owning Leroi has been an incredible learning experience. We had some rough moments this past Fall and Winter. He has taught me so much about horse behavior and a lot about myself. One interesting thing I noticed during a period of particular difficulty was that a lack of confidence and anxiety when working with Leroi started to bleed over into the rest of my life. As I struggled with him, I began to struggle elsewhere—at work, most noticeably, as I have a higher stress job. Things that were previously not a big deal started to make me nervous and I would find myself second guessing my abilities or I would notice a physical and mental tension develop as I did more difficult tasks.

That led me to take classes on fear and anxiety, and learn to use meditation, breathing techniques, and mental exercises to help me find peace and focus. I learned to be much more in-tune to my own stress level and have become better at managing or reducing stress. Many of the things I am learning with Leroi have been surprising and really incredible. I can’t say how grateful I am to him and to everyone who has been a part of that learning! I look forward to getting to know you all and to witness all of your successes with your horses at future NWDA events!

Thank you for this opportunity to serve as an NWDA board member.



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